I ILLINOIS

Understanding Food Regulations & Food Labeling

This course is part of **Personalized Nutrition, Policy, and Food Regulations Specialization**

Instructor: Jessica Hartke

1,963 already enrolled

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4 modules
Gain insight into a topic and learn the fundamentals.

4.2 ★
(11 reviews)

Intermediate level
Recommended experience ⓘ

8 hours to complete

Flexible schedule
Learn at your own pace

What you'll learn

✓ Understand the history, importance, and key agencies involved in US food regulation to ensure food safety and quality.

✓ Learn the essential components of US food labels, including NLEA, allergen declarations, and specialty labeling options

✓ Understand Nutrition Claims and Food Safety

Skills you'll gain

Regulatory Affairs   Good Manufacturing Practices   Nutrition and Diet   Safety Standards

Details to know

in
Shareable certificate
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Assessments
6 assignments

Taught in English

See how employees at top companies are mastering in-demand skills

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Build your subject-matter expertise

This course is part of the **Personalized Nutrition, Policy, and Food Regulations Specialization**
When you enroll in this course, you'll also be enrolled in this Specialization.

- Learn new concepts from industry experts

- Gain a foundational understanding of a subject or tool

- Develop job-relevant skills with hands-on projects

- Earn a shareable career certificate

There are 4 modules in this course

Immerse yourself in the exciting realm of food regulations and labeling with our comprehensive course, perfect for learners and professionals aiming to enhance their skills. Discover the fascinating history and critical importance of food regulations and learn how key government agencies shape the food industry. Uncover the secrets behind the Nutrition Labeling and Education Act (NLEA), master the art of identifying food allergens, and explore specialty labeling options that can set products apart in the market.

This course goes beyond the basics, offering insights into making impactful nutrition claims and understanding the concept of GRAS (Generally Recognized as Safe). You'll also delve into the Food Safety Modernization Act (FSMA) and learn how it ensures the safety of our food supply. With expert-led videos, engaging discussions, and practical examples, you'll gain the skills and knowledge to navigate and influence the food regulatory landscape effectively.

This course is part of the College of ACES suite of online programs, including the graduate certificate, "Food Regulations, Nutrition Policy, and Personalized Nutrition Certificate," that can be counted toward an advanced degree in the College of ACES. To learn more about online programs from the College of ACES and explore ways to apply your Coursera work toward a degree program at the University of Illinois, visit ACES Online @ aces.illinois.edu/online.

Read less

Orientation & Module 1 | Overview and History of Food Regulations

Module 1 • 2 hours to complete

Module details ^

In the course orientation, you'll get to know the course, meet your classmates, explore our learning environment, and gain the technical skills you'll need. As you are introduced to Module 1, you'll learn about the critical role food regulations play in ensuring food safety, quality, and consumer protection. By the end of the module, you'll be able to explain the significance of food regulations, identify the key government agencies involved in food regulation in the U.S., and describe the main legislative acts that govern food labeling.

What's included

▶ 8 videos   📖 6 readings   🗎 2 assignments   💬 1 discussion prompt

Hide info about module content ^

▶ **8 videos • Total 21 minutes**

Course Overview • 2 minutes

Meet Your Instructor | Dr. Jessica Hartke • 1 minute

Module 1 Overview • 1 minute

Instructor Bio | Guy Johnson, PhD • 4 minutes

Why Do We Need Food Regulations? • 4 minutes

Introduction to U.S. Government Regulatory Agencies • 3 minutes

Introduction to U.S. Regulations for Food Labeling • 3 minutes

Module 1 Summary • 1 minute

📖 **6 readings • Total 105 minutes**

Syllabus • 15 minutes

Learn About Flexible Pathways • 10 minutes

Meet Your Instructors • 10 minutes

Updating Your Profile • 10 minutes

Sulfanilamide Disaster • 30 minutes

FDA Regulated Meats and Meat Products for Human Consumption • 30 minutes

📄 **2 assignments • Total 35 minutes**

Module 1 Quiz • 30 minutes

Orientation Quiz • 5 minutes

💬 **1 discussion prompt • Total 10 minutes**

Getting to Know Your Classmates • 10 minutes

Module 2 | U.S. Food Regulations and General Product Labeling Instructions

Module 2 • 1 hour to complete

Module details ⌃

In Module 2, you'll explore the foundational laws and regulations that shape food labeling in the U.S. We'll introduce the Nutrition Labeling and Education Act (NLEA) and explain why it plays a key role in ensuring consumers receive accurate product information. You'll learn how to identify the essential components of a U.S. food label, recognize the top 9 allergens, and locate them on ingredient lists. Finally, we'll highlight specialty labeling options that provide additional details about certain food products sold in the U.S.

What's included

▶ 8 videos   📖 2 readings   📄 1 assignment

Hide info about module content ⌃

▶ **8 videos • Total 23 minutes**

Module 2 Overview • 1 minute

Instructor Bio | Julie Richards, MS, RDN • 0 minutes

The Nutrition Labeling and Education Act (NLEA) • 2 minutes

Instructor Bio | Aimee Peeples, MS, RD • 1 minute

Introduction to U.S. Food Labels • 3 minutes

Food Allergens and Labeling Requirements in the U.S. • 6 minutes

Specialty Labeling Options for U.S. Food Products • 5 minutes

Module 2 Summary • 1 minute

📖 **2 readings • Total 60 minutes**

Food Allergies • 30 minutes

About Organic Labeling • 30 minutes

📄 **1 assignment • Total 30 minutes**

Module 2 Quiz • 30 minutes

Module 3 | All About Nutrition Claims: What Is a "Claim" and Why Should I Care?

Module 3 • 1 hour to complete

Module details ⌃

In Module 3, you will explore the different types of nutrition claims that companies can place on food labels in the U.S. From content claims to structure function claims to health claims, you'll learn what each type of claim means, how they are regulated, and why scientific substantiation is key to ensuring they are truthful and not misleading. We'll also walk through the process companies must follow to use or create claims, including how they gain approval. By the end of this module, you'll understand how claims influence consumer perception and how regulatory oversight protects public health.

What's included

▶ 8 videos   📖 2 readings   📋 1 assignment

Hide info about module content ⌃

▶ **8 videos • Total 21 minutes**

Module 3 Overview • 1 minute

Overview of Claims Allowed on U.S. Food Labels • 5 minutes

What Is the Difference Between a Content Claim and a Nutrient Content Claim? • 2 minutes

Instructor Bio | Jessica K. Campbell, PhD • 1 minute

What is a Structure Function Claim? • 1 minute

What is a Health Claim? • 3 minutes

How Does a Company Get Permission to Use Claims on Their Food Labels in the U.S.? • 4 minutes

Module 3 Summary • 1 minute

📖 **2 readings • Total 60 minutes**

Nutrition Labeling and Education Act (NLEA) Requirements - Attachment 1 • 30 minutes

Questions and Answers on Health Claims in Food Labeling • 30 minutes

📋 **1 assignment • Total 30 minutes**

Module 3 Quiz • 30 minutes

Module 4 and Course Wrap-up | My Food Is GRAS? What Does It Mean and How Does the U.S. Keep Our Food Supply Safe?

Module details ⌃

Module 4 • 2 hours to complete

In Module 4, you will explore what it means for a food or ingredient to be "Generally Recognized as Safe" (GRAS) and how that designation is determined. You'll also learn about key safety regulations, including Good Manufacturing Practices (GMP) and the Food Safety Modernization Act (FSMA), which help ensure the safety of the U.S. food supply. By understanding these concepts, you'll gain insight into how food safety is maintained from production to consumption. By the end of this module, you'll be ready to complete the final assessment and earn your Coursera certificate!

What's included

▶ 8 videos   📖 2 readings   📋 2 assignments

Hide info about module content ⌃

▶ **8 videos • Total 21 minutes**

Module 4 Overview • 1 minute

Instructor Bio | Jenna Cramer, PhD • 0 minutes

What is GRAS and Why Is It Important? • 4 minutes

Instructor Bio | Karleigh Bacon, PhD • 1 minute

How Does the U.S. Keep Our Food Supply Safe? • 4 minutes

"GMP" and "FSMA": What Does It Mean for My Food? • 5 minutes

Module 4 Summary • 1 minute

Course Wrap-up • 1 minute

📖 **2 readings • Total 60 minutes**

How the U.S. FDA's GRAS Notification Program Works • 30 minutes

Facts About the Current Good Manufacturing Practice (CGMP) • 30 minutes

📋 **2 assignments • Total 60 minutes**

Module 4 Quiz • 30 minutes

Final Assessment • 30 minutes

Earn a career certificate

Add this credential to your LinkedIn profile, resume, or CV. Share it on social media and in your performance review.

Instructor

Jessica Hartke
University of Illinois Urbana-Champaign
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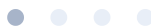Putting the Personal in Personalized Nutrition
Course

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★ **4.2** 11 reviews

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3 stars		9.09%
2 stars		0%
1 star		9.09%

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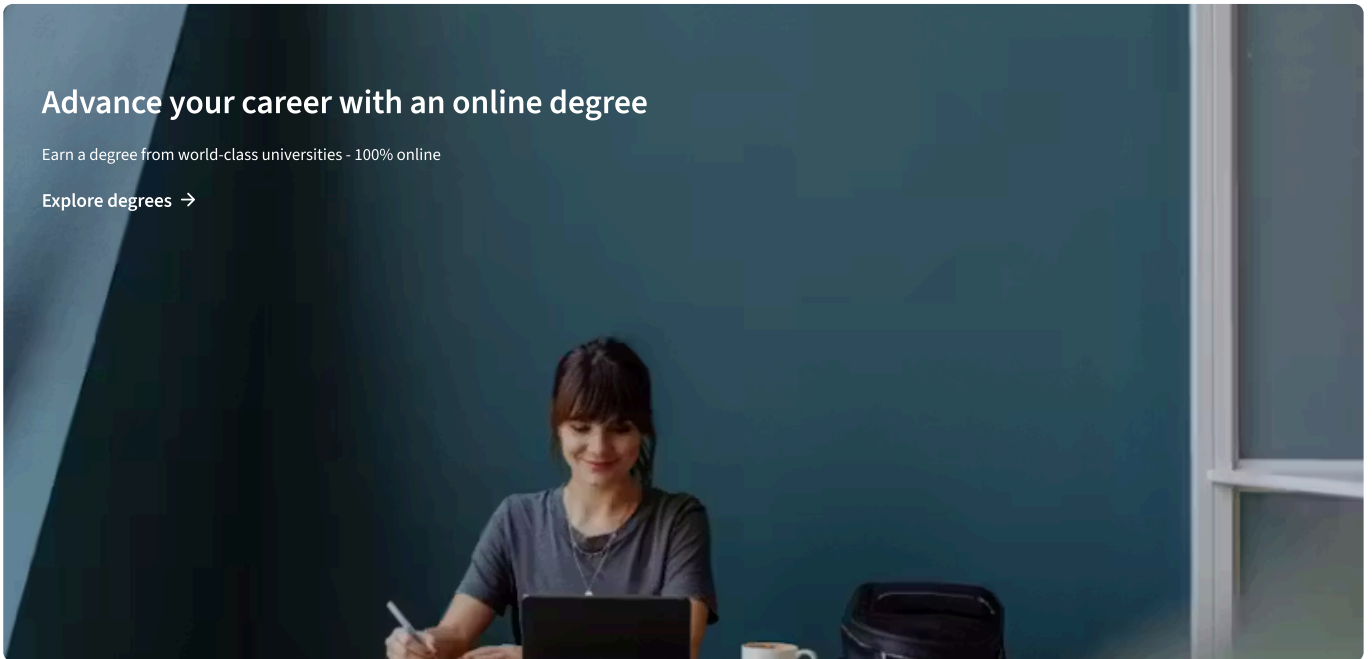
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Frequently asked questions

⌃ **Can this Coursera course count towards a certificate or degree?**

Yes! Although completion of the Coursera course alone is not credit-bearing, it is a required component of a graduate-level Canvas course that can be counted toward advanced credentials such as an academic (transcriptable) graduate certificate ↗ or a degree. If you decide to pursue further education, the credits you earn from this course can be applied toward a formal academic program, provided that you meet all the requirements of admission to the certificate or degree.

⌃ **When will I have access to the lectures and assignments?**

To access the course materials, assignments and to earn a Certificate, you will need to purchase the Certificate experience when you enroll in a course. You can try a Free Trial instead, or apply for Financial Aid. The course may offer 'Full Course, No Certificate' instead. This option lets you see all course materials, submit required assessments, and get a final grade. This also means that you will not be able to purchase a Certificate experience.

⌃ **What will I get if I subscribe to this Specialization?**

When you enroll in the course, you get access to all of the courses in the Specialization, and you earn a certificate when you complete the work. Your electronic Certificate will be added to your Accomplishments page - from there, you can print your Certificate or add it to your LinkedIn profile.

Show all 4 frequently asked questions ⌄

More questions
⑦
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