1969
THE RISE OF PROCESSED FOOD
Consumers began paying attention to what was in the processed foods that they were purchasing. As a result, the Food and Drug administration began discussing the importance of food labeling to represent food ingredients and nutrition content[1].

1973
INGREDIENTS
The Food and Drug Administration (FDA) finalized the regulations on food manufacturers to include the number of calories, protein in grams, carbohydrates in grams and fat in grams on every packaged product in reference to the recommended daily allowance (RDA)[1]. Soon after this, consumers became more curious about how their diet effected their health [1].

1978
CALORIE CLAIMS
The FDA will allow producers to label foods as "low-calorie" if the food provides less than 40 calories per serving amount and is "low-calorie" without additional processing or alteration. In addition, this must be referring to the actual food itself and not the particular brand of food [1,3].

1979
FORTIFIED FOODS
Nutrients are lost during the processing of many foods. Manufacturers are instructed to disclose if their foods have nutrients added during production by way of "fortification" which adds back in the nutrients that are lost during processing. There are also specific guidelines in place to insure that the foods are not fortified too much as this can result in a health hazard [1,4].

1990
THE NUTRITION LABELING AND EDUCATION ACT
To empower consumers further, the amount of saturated fat, cholesterol, sodium, carbohydrate, fiber, protein, vitamins A and C, calcium, and iron were required on every food label. It also was to include a reference to a daily dietary allowance recommendation[1].

*The 8 major food allergies are milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, and soybeans [2]
An increase of public interest in health has induced production of supplements and significant health claims on food products [1]. The FDA require scientific evidence to back up labeled health claims [1].

It was measured that 300,000 people a year are treated in hospitals because of a food allergy. The FDA requires that the eight major food allergens (milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, and soybeans) are listed on packaging by clearly labeling “contains” on the front of the package [2].

Scientific research uncovered the negative effects of trans-fat on cholesterol levels [1]. Manufacturers are now required to label the amount of trans-fat in every containing product [1].

The nutrients that are required to be listed must now be listed in the form of a nutrition facts panel that is easy for consumers to read and navigate [1].

A law was passed to require nutrition labeling in the same fashion as packaged and processed food [1]. This is to continue to address the components of food that have effect on the health of consumers [1].

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