



An Evolution of Nutrition Labeling

Laws, amendments, and historical landmarks

Progressive Era

The need for more food labeling

The Pure Food and Drug Act is enacted by Congress, leading to the creation of the FDA. It was intended to prohibit mislabeled products and to improve standards among the food and drug industries.¹

1906

The Pure Food and Drug Act

1913 **Gould Amendment**

The Gould Net Weight Amendment to the 1906 Act is passed, requiring all packaged foods to plainly identify the contents on the outside of the package in terms of weight, measure or numerical count.¹

1938

The Food, Drug, and Cosmetic Act (FD&C)

The FD&C is enacted, requiring artificial flavoring, coloring, or chemical preservatives to be listed on product labels.¹

1969

White House Conference on Food, Nutrition, and Health



White House Conference on Food, Nutrition, and Health recommends that the FDA develop a system for identifying the nutritional qualities of food.^{1,2}

The 70s

FDA initiates food labeling

The 90s

A turning point for food labeling

1973

First rules requiring nutrition labeling

1990 **Nutrition Labeling and Education Act (NLEA)**

The passage of NLEA amending the FD&C giving the FDA authority to demand nutrition labeling on most food packages and specific nutrients to be stated in the nutrition label.²

FDA publishes first rules requiring the nutrition labeling of certain foods. This includes foods for which nutrient claims are made or nutrients are added. FDA also finalizes rules for the voluntary labeling of packaged foods.^{1,2}

1993

Nutrition Facts Panel

Final regulations published mandating nutrition labeling in the form of a Nutrition Facts panel on most packaged foods.²

1994 **Dietary Supplement Health and Education Act (DSHEA)**

DSHEA is passed establishing specific labeling guidelines, a regulatory framework, and permitting the FDA to establish Good Manufacturing Practices regulations for dietary supplements.¹

2016 **Revision of the Nutrition and Supplements Facts Label**

FDA publishes final rules on the new Nutrition Facts label for packaged foods to reflect the association between diet and chronic disease.³

1. Meadows M. A century of ensuring safe foods and cosmetics. FDA Consumer Magazine. January-February 2006:6-13. https://permanent.access.gpo.gov/lps1609/www.fda.gov/fdac/features/2006/106_cfsan.html. Published January 2006. Accessed March 20, 2020.
 2. Institute of Medicine. Front-of-Package Nutrition Rating Systems and Symbols: Phase I Report. Washington, DC: The National Academies Press; 2010:19-36. doi: <https://doi.org/10.17226/12957>.
 3. Changes to the Nutrition Facts label. US Food & Drug Administration. <https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>. Updated March 12, 2020. Accessed March 23, 2020.