Nutrition Labeling and Education Act of 1990

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Legislation relevant to nutrition

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SEC. 2. NUTRITION LABELING.

(a) NUTRITION INFORMATION- Section 403 (21 U.S.C. 343) is amended by adding at the end the following new paragraph:

'(q)(1) Except as provided in subparagraphs (3), (4), and (5), if it is a food intended for human consumption and is offered for sale, unless its label or labeling bears nutrition information that provides:

'(A)(i) the serving size which is an amount customarily consumed and which is expressed in a common household measure that is appropriate to the food, or

'(ii) if the use of the food is not typically expressed in a serving size, the common household unit of measure that expresses the serving size of the food,

'(B) the number of servings or other units of measure per container,

'(C) the total number of calories,

'(i) derived from any source, and

'(ii) derived from the total fat, in each serving size or other unit of measure of the food,

'(D) the amount of the following nutrients: Total fat, saturated fat, cholesterol, sodium, total carbohydrates, complex carbohydrates, sugars, dietary fiber, and total protein contained in each serving size or other unit of measure,

'(E) any vitamin, mineral, or other nutrient required to be placed on the label and labeling of food under this Act before October 1, 1990, if the Secretary determines that such information will assist consumers in maintaining healthy dietary practices.

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SEC. 10. EFFECTIVE DATE.

(a) IN GENERAL-

(1) Except as provided in paragraph (2)---

(A) the amendments made by section 2 shall take effect 6 months after---

(i) the date of the promulgation of all final regulations required to implement section 403(q) of the Federal Food, Drug, and Cosmetic Act

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URL link:
https://www.govinfo.gov/content/pkg/STATUTE-104/pdf/STATUTE-104-Pg2353.pdf
Further notes:

GUIDE TO NUTRITION LABELING AND EDUCATION ACT (NLEA) REQUIREMENTS FDA

The Nutrition Labeling and Education Act of 1990 (NLEA) provides FDA with specific authority to require nutrition labeling of most foods regulated by the Agency; and to require that all nutrient content claims (i.e., 'high fiber', 'low fat', etc.) and health claims be consistent with agency regulations. Regulations implementing the NLEA labeling provisions issued on January 6, 1993, with technical amendments published on August 18, 1993.

The regulations became effective for health claims, ingredient declarations, and percent juice labeling on May 8, 1993 (percent juice labeling was subsequently exempted until May 8, 1994). The regulations for nutrition labeling and other provisions became effective on May 8, 1994. However, by an Act of Congress, these provisions do not apply to certain products until after August 8, 1994.

https://www.fda.gov/ICECI/Inspections/InspectionGuides/ucm074948.htm

Policy topics:

- Nutrient declaration (i.e. back-of-pack labelling)
- Ingredients list
- Mandatory for all pre-packaged foods
- Amount of available carbohydrate
- Amount of dietary fibre
- Amount of protein
- Amount of salt/sodium
- Amount of saturated fatty acids
- Amount of total fat
- Amount of total sugars
- Energy value (ND)
- Claim must be substantiated

Partners in policy implementation

- Government
  - Cabinet/Presidency
  - Health
  - Details: more
  - FDA

Links

[1] https://www.fda.gov/ICECI/Inspections/InspectionGuides/ucm074948.htm