

# Food label analysis

Business



Food labels were standardized in 1994 directed by the Food and Drug Administration and the Food Safety and Inspection Services “ Dietary Supplement Health and Education Act establishes specific labeling requirements, provides a regulatory framework, and authorizes FDA to promulgate good manufacturing practice regulations for dietary supplements. This act defines “ dietary supplements” and “ dietary ingredients” and classifies them as food.

The act also establishes a commission to recommend how to regulate claims (U. S. Food and Drug Administration, 2005). Having a uniformed label is much easier for the customer to read what is considered a nutritional value of the product. The label provides a range of quick informed choices to the consumer prior to purchasing the item of what they constitute a healthy choice or toward avoidance of specific ingredients harmful to those having special diets.

Awareness of the nutritional intake from a “ two ounce can of chunk light tuna” packed in water (drained): 1.

Recommended serving size and calories: Serving is about 2 and ? per container. There are 60 calories in one serving and 5 calories are from fat. Consuming the entire can of 2 and half services are 150 calories and 12. 5 calories from fat. 2.

Percent daily value: This will inform you of what percentage of the total recommended daily amount based on a 2, 000 calorie day.

The percent daily value is a quick reference of a single serving based on a range of 20% being over. a. Total Fat 0.5g (Saturated Fat 0g and Trans Fat 0g) = 1%.

Consuming the entire can is 2.5% of total fat and lower than the required intake. b. Cholesterol 30mg = 10%. Consuming the entire can is 25% of total cholesterol and greater than the required intake. c.

Sodium 250mg = 10%. Consuming the entire can is 25% of the total sodium and greater than the required intake. Recommendation is