Nutrition Labeling Fact Sheet

Introduction to nutrition labeling

The 1990 Nutrition Labeling and Education Act was established to provide consumers with accurate information about what is in the food products they are eating. The law provides rules for nutrition labeling that must be followed for all multi-ingredient foods. In 2016, a new Nutrition Facts label was made by the FDA. Clemson can analyze the nutritional content of your food product using a food ingredient database which will then generate a nutrition label with all the necessary information in the correct format. We will send you the label in a format that you can take to a printer and use on your product.

The objective of nutrition labeling

A nutrition label provides information on the ingredients and nutritional make-up of a food including the number of calories, carbohydrates, fat, protein, and a limited number of vitamins and minerals that the food contains.

It provides valuable information for people following specific diet guidelines such as those required for diabetes, heart disease, and high blood pressure. The most recent label, introduced in 2016, was designed to help consumers make better food choices for their health and is based on the most recent scientific data.

Components of a nutrition label

There are three major parts to a nutrition label: the product name including health claims, the ingredient list, and the nutrition facts panel.

The product name and any health claims are present on the front of the packaging. Health claims are closely regulated by the FDA (Food & Drug Administration) and must meet certain criteria. For example, a food that is labeled 'low fat' must not have more than 3 grams of total fat per serving. A food labeled 'reduced fat', however, has different criteria. It is illegal to use these health claims without first ensuring your product meets these specifications.

The ingredient list is a listing of all the ingredients in the recipe of your food product. Ingredients are listed in order of weight with the ingredient present in the most amount/weight listed first.

The nutrition facts panel provides detailed information about the nutritional make-up of the food product. The nutrient amounts listed are based on consumption of one serving of the food product, making 'serving size' a key factor in the interpretation of the information.

Requesting nutrition labeling

If you have requested product testing from Clemson University by completing the 'Product Testing and Nutrition Labeling Request Form', we have the information needed to generate a food label for you. This form can be downloaded from the [Food2Market website](#).
You must make sure to check the 'Nutrition Label' box and complete the form in its entirety to have nutritional analysis completed. The cost is $100 per product for South Carolina residents. Please add $100 per product for out-of-state residents.

When filling out the form you should be very specific about your ingredients. We suggest that you take a picture of the nutrition facts panel and ingredient list for each ingredient in your food product; including their sub-ingredients (ingredients within each of your ingredients) and send in a copy with your request form. *If this information is not provided we will shred forms and payments and you will be required to submit a new form and payment.*

If possible, weigh a serving size of your food product in gram weight, that will help with accuracy. Here is the [FDA recommended serving size customarily consumed](#).

How to address your labeling request

Mail the completed "Product Testing and Nutrition Labeling Request Form" and check made payable to "Clemson University" to:

Clemson University
c/o Dr. Ahmet Buyukyavuz; Product Testing Laboratory
Department of Food, Nutrition and Packaging Science
223 Poole Agricultural Center
P.O. Box 340316
Clemson, SC 29634-0316

*Note: UPS and post office sometimes question this address. Please tell them to send the package to the address above exactly as listed. It will get to the correct location by using this address. ___Do not use Federal Express to ship samples.___ Packages must include Dr. Ahmet Buyukyavuz's name as listed above. If not included, we cannot ensure that samples will be tested in a timely manner.

** For credit card purchases please see our website [Food2Market](#) for details. There is a 3% convenience fee for this service. **

Receiving your results

Please allow a minimum of four (4) weeks for the label to be returned.
Your label will be sent to you via e-mail by default or to the address provided on the 'Product Testing and Nutrition Labeling Form'.

Please note that products cannot be accepted when the Product Testing Laboratory is closed. Make sure that samples are <u>not</u> scheduled to be delivered on holidays, weekends or on the following dates:

- March 16-20, 2026
- October 12-13, 2026
- November 25, 2026 -January 6, 2026 (Note that samples received on or after November 25 will not be tested until the lab re-opens in January)

Interpreting your results

It is important to note that Clemson does not actually print labels for you, but we provide the nutrition label to you in a computer file or by mail that can be sent to a printer. The file will be saved as an Adobe PDF which is typically the format requested by print shops.

You are advised not to make specific health claims on your food product until you have consulted with officials from the FDA to ensure your product meets the necessary standards.

Reference:

Food and Drug Administration (FDA). 2017. Changes to the nutrition facts label. Silver Spring MD: U.S. Food and Drug Administration. Available from: [Changes to the nutrition fact label](#).

Parisi[1], M. A., E. L. Steinberg[2], and J. K. Northcutt[3]. 2012. Product testing and nutrition labeling factsheets. Prepared for the Department of Food, Nutrition and Packaging Sciences, Clemson University.

[1]Assistant Professor, Winthrop University, Rock Hill, SC, and Adjunct Assistant Professor, Clemson University;
[2]Graduate Research Assistant, Clemson University;
[3]Professor, Clemson University.