

# Ingredients, Packaging & Labeling

FDA regulates the safety of substances added to food. We also regulate how most food is processed, packaged, and labeled.

This section includes information on allergens, ingredients, food and color additives, food contact substances, and labeling requirements.

## Ingredients

FDA maintains multiple databases and listings related to ingredients, food additives, and colors. The following pages also include overview and educational information.

- [Ingredients & Packaging Definitions \(/Food/IngredientsPackagingLabeling/Definitions/default.htm\)](/Food/IngredientsPackagingLabeling/Definitions/default.htm)
- [Food Allergens \(/Food/IngredientsPackagingLabeling/FoodAllergens/default.htm\)](/Food/IngredientsPackagingLabeling/FoodAllergens/default.htm)
- [Food Additives & Ingredients \(/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/default.htm\)](/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/default.htm)
- [Consumer information about additives and ingredients \(/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm094210.htm\)](/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm094210.htm) including:
  - Caffeinated Alcoholic Beverages
  - Sweeteners
  - Sodium
  - Color Additives

- [Generally Recognized as Safe \(GRAS\) \(/Food/IngredientsPackagingLabeling/GRAS/default.htm\)](/Food/IngredientsPackagingLabeling/GRAS/default.htm)

## Treatment & Packaging

Access program information, inventories, and databases related to food packaging and other substances that come in contact with food.

- [Packaging & Food Contact Substances \(FCS\) \(/Food/IngredientsPackagingLabeling/PackagingFCS/default.htm\)](/Food/IngredientsPackagingLabeling/PackagingFCS/default.htm)
- [Irradiated Food & Packaging \(/Food/IngredientsPackagingLabeling/IrradiatedFoodPackaging/default.htm\)](/Food/IngredientsPackagingLabeling/IrradiatedFoodPackaging/default.htm)
- [Environmental Decisions \(/Food/IngredientsPackagingLabeling/EnvironmentalDecisions/default.htm\)](/Food/IngredientsPackagingLabeling/EnvironmentalDecisions/default.htm)

## [Labeling & Nutrition \(/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm\)](/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm)

Learn about how FDA regulates food labeling, what claims can and cannot be made on a food label, and how to use the nutrition label.

## [Environmental Decisions \(/Food/IngredientsPackagingLabeling/EnvironmentalDecisions/default.htm\)](/Food/IngredientsPackagingLabeling/EnvironmentalDecisions/default.htm)

FDA assesses the environmental impacts of its actions and ensures that the interested and affected public is informed of environmental analyses.

### Related Content

- [CFSAN - What We Do \(/AboutFDA/CentersOffices/OfficeofFoods/CFSAN/WhatWeDo/default.htm\)](/AboutFDA/CentersOffices/OfficeofFoods/CFSAN/WhatWeDo/default.htm)
- [Energy "Drinks" and Supplements: Investigations of Adverse Event Reports \(/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm328536.htm\)](/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm328536.htm)
- [Biotechnology: Genetically Engineered Plants for Food and Feed \(/Food/FoodScienceResearch/Biotechnology/default.htm\)](/Food/FoodScienceResearch/Biotechnology/default.htm)

## Spotlight

- **[Proposed Changes to the Nutrition Facts Label \(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm)**
- **[Training Videos for Regulatory Submissions \(/Food/IngredientsPackagingLabeling/ucm368958.htm\)](/Food/IngredientsPackagingLabeling/ucm368958.htm)**
- **[Caffeinated Alcoholic Beverages \(/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm190366.htm\)](/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm190366.htm)**
- **[High Fructose Corn Syrup \(/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm324856.htm\)](/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm324856.htm)**
- **[Monosodium glutamate \(MSG\) \(/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm328728.htm\)](/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm328728.htm)**

## Guidance

- **[Ingredients, Additives, GRAS & Packaging Guidance Documents & Regulatory Information \(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/IngredientsAdditivesGRASPackaging/default.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/IngredientsAdditivesGRASPackaging/default.htm)**
- **[Labeling & Nutrition Guidance Documents & Regulatory Information \(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/default.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/default.htm)**
- **[Food Allergens Guidance Documents & Regulatory Information \(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/default.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/default.htm)**
- **[Code of Federal Regulations \(CFR\) Citations for Color Additives, Food Ingredients, and Packaging \(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/IngredientsAdditivesGRASPackaging/ucm082463.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/IngredientsAdditivesGRASPackaging/ucm082463.htm)**

## Databases

- **[Everything Added to Food in the United States \(EAFUS\) \(/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm115326.htm\)](/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm115326.htm)**

- **List of Indirect Additives Used in Food Contact Substances**  
**(/Food/IngredientsPackagingLabeling/PackagingFCS/IndirectAdditives/default.htm)**
- **GRAS Notice Inventory** (**/Food/IngredientsPackagingLabeling/GRAS/NoticeInventory/default.htm**)
- **Effective Food Contact Substance Notifications** (**/Food/IngredientsPackagingLabeling/PackagingFCS/Notifications/default.htm**)
- **All Ingredients and Packaging Inventories** (**/Food/IngredientsPackagingLabeling/ucm112642.htm**)