

INGREDIENT LIST CREATION

Checklist

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Understood the Basics

Familiarized yourself with FDA's food labeling guide for clarity on requirements.

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Listed by Weight

Ingredients are listed in descending order based on weight, not volume.

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Used Common Names

Opted for universally recognized names (e.g., "sugar" over "sucrose").

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Detailed Sub-ingredients

Sub-components are listed in parentheses (e.g., "Cookie Dough (Wheat Flour, Sugar, Chocolate Chips)").

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Highlighted Additives

Clearly mentioned additives, preservatives, and their purpose (e.g., "citric acid as a preservative").

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Noted Exceptions

Used "Contains 2% or less of..." for ingredients making up 2% or less of the total weight.

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Handled Spices & Flavorings

Grouped certain spices and flavorings under generic terms (unless they are allergens).

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Spotlight Allergens

Clearly identified any allergens in the product (e.g., milk, nuts, soy).

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Completed Regular Reviews

Updated ingredient lists for ongoing FDA compliance.

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Precisely Formatted

Chosen legible fonts, bolded main ingredients, used parentheses for sub-ingredients, and ensured allergens stand out.