



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/nutrition-labels-on-front-of-package>

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Front-of-Package labels would boost nutrition info for consumers

K-State food scientist says FDA proposal would make it easier to shop for nutritious foods

By Pat Melgares, K-State Research and Extension news

MANHATTAN, Kan. – American consumers may soon get another assist in efforts toward good health if a recent proposal from the U.S. Food and Drug Administration is passed.

Kansas State University food scientist Karen Blakeslee said the FDA has proposed front-of-package nutrition labeling for food products in the U.S. The additional label will only give information for saturated fat, sodium and added sugar, and classify them as low, medium or high in value to the particular food product.

The full Nutrition Facts label will still be on food packages, Blakeslee said.

“The goal is to give consumers more information to make informed decisions when purchasing packaged foods,” she said. “For those with certain health conditions, this can make it easier to shop for foods that are good choices for them.”

Blakeslee said that Nutrition Facts labels – typically located on the back or right side of food packaging – “have long been a challenge for consumers to understand.”

A smaller label on the front of the package will remove much of the confusion regarding the nutritional value of any particular food product, she said.

“It can increase nutrition transparency in an easy-to-read format,” Blakeslee said.

Front-of-package nutrition labeling is already used in many countries, including Canada and Mexico. Currently in the U.S., food manufacturers can voluntarily add front-of-package labels, [called Facts Up Front](#).

Current federal dietary recommendations advise U.S. consumers to limit their intake of saturated fat, sodium and added sugar to achieve a nutrient-dense diet within calorie limits. The FDA’s proposal is currently in the comment phase in order to receive more information from contributors.

More information on front-of-package nutrition labeling [is available online from the FDA](#).

More food safety and nutrition tips also are available online from K-State's [Rapid Response Center for Food Science](#). Blakeslee publishes a monthly newsletter, called [You Asked It!](#), with timely tips for safe food in and out of the home.

More information is also available at [local extension offices in Kansas](#).

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FOR PRINT PUBLICATIONS: Links used in this story

Facts Up Front (Consumers Brands Association), <https://consumerbrandsassociation.org/facts-up-front>

Front-of-Package nutrition labeling (U.S. Food and Drug Administration), <https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/front-package-nutrition-labeling>

Rapid Response Center for Food Science (Kansas State University), <https://www.rrc.k-state.edu>

You Asked It! food safety newsletter, <https://www.rrc.k-state.edu/newsletter/index.html>

K-State Research and Extension statewide locations, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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Story by:

Pat Melgares
melgares@ksu.edu

For more information:

Karen Blakeslee
785-532-1673
kblakesl@ksu.edu