Food label checklist

- [ ] Statement of identity (product name)
- [ ] Net quantity in US and metric units
- [ ] Nutrition Facts panel
- [ ] Ingredient list in descending order by weight
- [ ] Major food allergens declared
- [ ] Name and address of manufacturer, packer or distributor
- [ ] Serving size based on the correct reference amount
- [ ] Nutrient values documented (lab or database)
- [ ] Claims reviewed against regulations

Notes

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