

# »» Food Labels

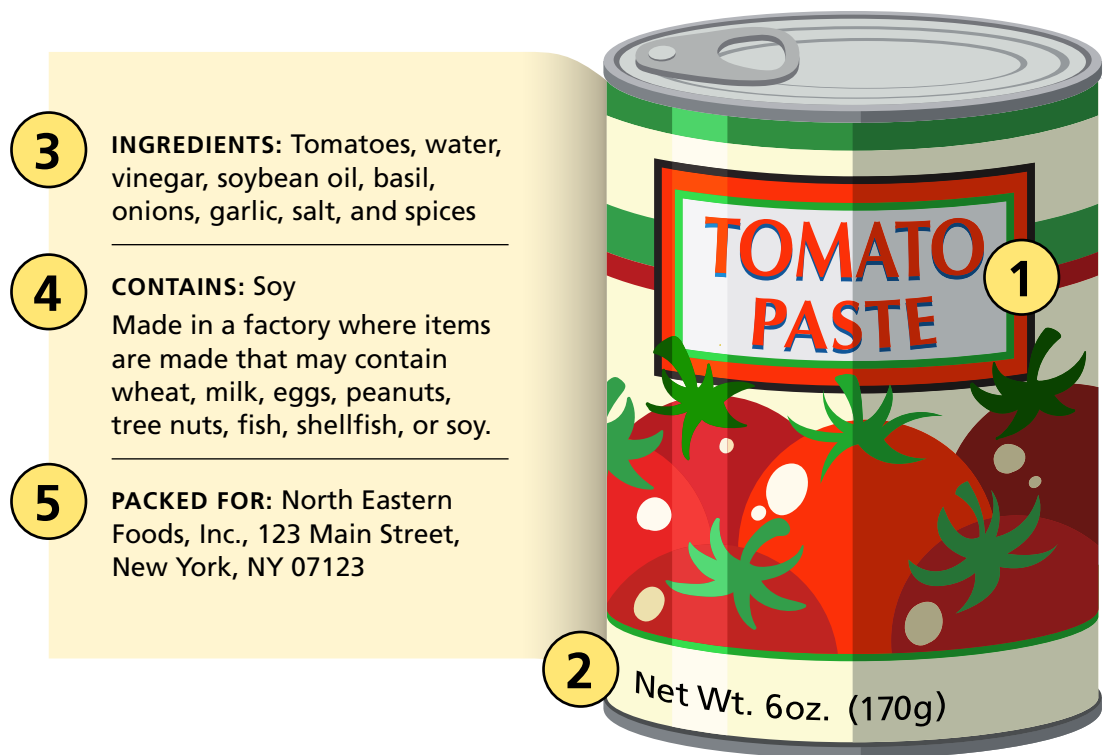
## Which foods need labels?

- Packaged foods
- Self-service foods

Download food label approval forms at [www.health.ri.gov/forms/approval/FoodLabel.pdf](http://www.health.ri.gov/forms/approval/FoodLabel.pdf)

## What must be on the label?

1. Product name (English)
2. Net quantity (amount in package) in U.S. (oz., lb., gal.) and metric (g, kg, l)
3. Ingredients (listed most to least)
4. Major food allergens (wheat, milk, eggs, peanuts, tree nuts, fish, shellfish, soy)
5. Business name and address (manufacturer or distributor)



To learn more, see the [U.S. Food and Drug Administration Food Labeling Guide](#).

