

What are the Ingredients?

Many people find the ingredient list on food labels difficult to interpret: What's in a product and how much? A simple rule makes ingredient lists easier to understand.

By regulation, any food made with more than one ingredient must carry an ingredient list on the label. Food manufacturers must list all ingredients in descending order by weight. Those ingredients in the largest amounts are listed first. For example, a can of vegetable soup that lists tomatoes first contains more tomatoes by weight than any other ingredient.

This list is especially useful for people with special food needs, such as those with a food allergy or intolerance, or those who wish to avoid other specific ingredients for religious or health reasons.