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I applaud the FDA's efforts to update packaging labeling for food, particularly to ensure that at-risk consumers with multiple food allergies and food-related diseases such as myself have clear and concise information upfront. One of my main concerns is that the list of allergens does not always accurately reflect ingredients that are in fact allergens and that are common issues for many people. While I have graduate-level education in the healthcare and regulatory fields, many consumers do not have this background, nor are they necessarily savvy in evaluating their food choices based on labeling that is clear and consistent. In other countries, there is so much more focus on ensuring certain ingredients are barred from food manufacturing (for example high-fructose corn syrup). In the US, some of these ingredients continue to be authorized, so it is important that consumers are aware upfront of ingredients that are either allergens or associated with certain chronic diseases. In addition, often times there is conflicting information in the name of a product versus its actual ingredients, for example, juice that is labeled as "all-natural pineapple juice" may actually contain other ingredients and other juices that may be an allergen. Another example I have encountered is with regards to certain snacks, like chips and nuts, which are labeled as "100%" or "pure" or "contains all natural ingredients", however, they are processed in an oil such as peanut or canola, both of which are allergens.