

Label compliance checklist

The fifteen mandatory elements under regulation 5 of the Labelling & Display Regulations 2020. Presence is the first test; size, placement and claims are the second.

Mandatory elements

Element	What to check
☐ 1. Name of the food	What the product actually is — a brand name alone is not enough
☐ 2. List of ingredients	In descending order of weight, with added water declared
☐ 3. Nutritional information	Per 100 g or 100 ml, and per serve with % RDA on a 2,000 kcal basis
☐ 4. Veg or non-veg symbol	Green or brown mark, sized by the panel area
☐ 5. Food additives declared	By class name and INS number
☐ 6. Name and full address of the manufacturer	Plus packer or marketer, where different
☐ 7. FSSAI logo and 14-digit licence number	Of the brand owner, and of the manufacturer if different
☐ 8. Net quantity	Font size is set by Legal Metrology, not FSSAI
☐ 9. Retail sale price (MRP)	Inclusive of all taxes
☐ 10. Consumer care details	Phone and email a customer can actually use
☐ 11. Date marking	Best before or use by, and date of manufacture or packing
☐ 12. Lot, code or batch number	So a recall can find the right stock
☐ 13. Allergen declaration	A separate “Contains ...” line — wheat in the ingredients is not enough
☐ 14. Country of origin	For imported food
☐ 15. Instructions for use	Where the food needs them to be used safely

Size rules

Rule	
☐	Principal display panel at least 40% of a rectangular or cylindrical pack (20% of surface for other shapes)
☐	Nutrition per 100 g/ml and per serve, %RDA on a 2,000 kcal basis
☐	Net quantity, MRP and date sizes follow Legal Metrology (by net quantity)
☐	Pack under 100 cm ² : some elements move to the outer pack — not all

Claim red flags

Word or device	Why
☐ “Healthy”	Claims Regs 8(3): a food shall not be described as healthy
☐ “100%”	FSSAI advisory 28.05.2025
☐ “Natural”, “fresh”, “pure”	Only as the Claims Regulations define them
☐ Pictures of ingredients	A picture is a declaration — it must match the ingredient list
☐ Product names	A name can be a claim (e.g. “Italian” for a product made in India)

Source: FSS (Labelling & Display) Regulations 2020, Version VIII 09.09.2025; FSS (Advertising & Claims) Regulations 2018; Legal Metrology (Packaged Commodities) Rules 2011.

Prepared by FoodRaksha on 12 September 2026. General guidance, not legal advice; FoSCoS may ask for more by kind of business or state. FoodRaksha is independent and not affiliated with FSSAI. Official portal: foscoss.fssai.gov.in.
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