



COMPARING THE 3 CATEGORIES OF ORGANIC LABELS

The USDA organic regulations set labeling categories for organic processed products. For each label, there are specific rules about the percentage of organic ingredients, whether - and which - nonorganic ingredients and processing aids may be used, and labeling requirements.

	"100% Organic"	"Organic"	"Made with Organic..."
Organic Ingredient Requirements	100% organic ingredients Including organic agricultural products and/or processed products that are "100% organic"	At least 95% organic ingredients	At least 70% organic ingredients
Nonorganic Ingredient Requirements	No nonorganic ingredients are allowed (except for water and salt)	Up to 5% of the ingredients can be nonorganic - only those included on The National List, in 205.605 or 205.606 Cannot contain organic and nonorganic forms of the same ingredient Nonorganic agricultural ingredients can only be used if an organic form is not commercially available	Up to 30% of ingredients can be nonorganic Agricultural ingredients must not be genetically engineered, irradiated, or produced using sewage sludge Nonagricultural ingredients must be on The National List May contain organic and nonorganic forms of the same ingredient, which must be identified separately on the label
Processing Aids	Must be certified organic	Must be organic or on the National List, in 205.605 or 205.606	Must be on the National List, in 205.605
Label Graphics /Claims	May say "100 percent organic" And/or "organic . . ." (i.e. "organic yogurt") May include the USDA organic logo	May say "organic" May include the USDA organic logo	May say "Made with organic . . ." Must specify which ingredients or food groups are organic (up to 3 can be listed) May not include the USDA organic logo

*For additional detailed label requirements by category, see [Labeling Requirements for Products Intended for Human Use](#).

SOURCES CITED

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USDA National Organic Program, 7 CFR §205.301, 7 CFR §205.301(f)(4).

