



COMPARING INGREDIENT REQUIREMENTS FOR THE ORGANIC PRODUCT COMPOSITION CATEGORIES

The USDA organic regulations sort products for human use into distinct categories by organic content percentage. Each category contains progressively stricter requirements for the ingredients and processing aids used in them and the organic claims used on their labels.

The table below compares the three categories that can make an organic claim on the label. For the full label requirements of each, see [Labeling Requirements for Products Intended for Human Use](#).

	100% Organic	Organic	Made with Organic
Organic Ingredients	100% of ingredients must be organically produced	At least 95% of ingredients must be organically produced	At least 70% of ingredients must be organically produced
Nonorganic Ingredients	None, except water and salt	Up to 5% of ingredients may be nonorganic All nonorganic ingredients must be items on the National List A nonorganic agricultural ingredient may be used only if an organic version is not commercially available No organic and nonorganic forms of the same ingredient may be used	Up to 30% of ingredients may be nonorganic Nonorganic agricultural ingredients do not need to be on the National List, but cannot be produced with excluded methods (e.g. GMO), ionizing radiation, or from sewage sludge Nonagricultural ingredients must be on the National List Organic and nonorganic forms of the same ingredient are allowed, if identified separately on the label
Processing Aids	Must be certified organic	May use nonorganic only if on the National List	Nonorganic processing aids are allowed and are not required to be on the National List

SOURCES CITED

USDA National Organic Program, [7 CFR §205.301\(a\)](#).

USDA National Organic Program, [7 CFR §205.301\(b\)](#).

USDA National Organic Program, [7 CFR §205.301\(c\)](#).

USDA National Organic Program, [7 CFR §205.605](#).

USDA National Organic Program, [7 CFR §205.606](#).