



Research Key Findings:

Food Labeling in Germany 2025

Food labeling plays a crucial role in shaping consumer choices and promoting public health in Germany.

The effectiveness of food labeling has a profound impact on consumers' ability to make informed decisions about their diet and overall well-being. NSF has commissioned comprehensive research of 1,000 German adults that delves into the importance, efficacy, challenges, and consumer expectations of food labeling in Germany.

42% of German consumers think food labels give enough information to make the right food choices.

Only 28% of German consumers feel food labels adequately address sustainability concerns.

Label purchase influence is growing



75% of German Adults read food labels before making a purchase decision. (Rising to 80% for millennials 28-43 vear-olds).



58% of German adults pay more attention to food labels than they did five years ago. (Rising to 61% amongst 35-54 year-old's).

Top three expectations and challenges

42%

Agree that current labels provide enough information for making the right food choices.

28%

Believe current labels adequately address sustainability concerns.

26%

Struggle interpreting nutritional information.

Most wanted label improvements

- 1. Comprehensive detailed processing information (Disclosure of processed ingredients, such as refined sugars and synthetic flavors) (79%)
- 2. Allergen information (78%)
- 3. Ethical sourcing information (70%)
- 4. Environmental impact scores (56%)

Most read label information

- 1. Expiration/use by date (59%)
- 2. Ingredients list (43%)
- 3. Country of origin (38%)
- 4. Nutritional information (35%)
- 5. Allergen warnings (23%)
- 6. Health claims (21%)

51% of German adults would pay more for products with comprehensive and transparent labeling.

On average, consumers would pay 7-9% more for improved labeling.

Willingness to pay more increases with younger generations with 61% of those aged over 55 prepared to pay a premium.

Of those prepared to pay more want better ingredients information (33%), organic certification (28%), allergen warnings (28%), nutritional information (26%), and sustainability claims (23%).

Trust in health claims is lacking

47%

47% don't trust health claims on food. Trust varies significantly by age:

- 58% of 18-34 year-olds find health claims trustworthy.
- 49% of 35-54 year-olds find health claims trustworthy.
- 42% of those over 55 years find health claims trustworthy.

Sustainability and environmental concerns



Consider environmental impact scores a useful addition to food labeling.



Feel sustainability factors are important when making purchase decisions.



See ethical sourcing information such as

animal welfare or fair

trade as a useful addition.