

# New & Improved Changes to the Nutrition Facts Label



The U.S. Food and Drug Administration has released a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that help to support a healthy diet. The updated label reflects current scientific information that shows how living a healthy lifestyle, along with a healthy diet, can help reduce your risk of getting chronic diseases.

## Here's what you will find with the new label:

### 1 Servings

- Larger and bolder "Servings Per Container" and "Serving Size"
- Serving sizes have been updated to show what people actually eat and drink
- For example: the serving size for ice cream was previously 1/2 cup and now is 2/3 cup
- New requirements for certain size packages

### 2 Calories

- "Calories" is now larger and bolder

### 3 Fats

- "Calories from Fat" was removed. Research shows the type of fat consumed is more important than the amount.

### New label

Nutrition Facts	
1	8 servings per container <b>Serving size 2/3 cup (55g)</b>
2	<b>Amount per serving</b> <b>Calories 230</b>
<b>% Daily Value*</b>	
3	<b>Total Fat</b> 8g <b>10%</b> Saturated Fat 1g <b>5%</b> Trans Fat 0g
	<b>Cholesterol</b> 0mg <b>0%</b> <b>Sodium</b> 160mg <b>7%</b> <b>Total Carbohydrate</b> 37g <b>13%</b> Dietary Fiber 4g <b>14%</b> Total Sugars 12g
4	Includes 10g Added Sugars <b>20%</b>
	<b>Protein</b> 3g
5	Vitamin D 2mcg 10% Calcium 200mg 15% Iron 8mg 45% Potassium 235mg 6%
6	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Old label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 72
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 12g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Continued on reverse →

## 4 Added Sugars

- “Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label.
- Added sugars include sugars that are:
  - Added during the food processing or packaging. For example: table sugar, sugars from syrups, honey, and concentrated fruit or vegetable juice.

## 5 Nutrients

- **Vitamin D** and **potassium** are now required on the label because Americans do not always get the recommended amounts
- **Vitamins A** and **C** are no longer required since deficiencies of these vitamins are rare today
- The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for **vitamin D, calcium, iron, and potassium**
- The daily values (%DV) for nutrients have also been updated based on newer scientific evidence
- % Daily values are reference amounts of nutrients to consume and not to exceed per day

## 6 Footnote

- The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information that goes into your total daily diet.

## Transition to Using the New Label

Manufacturers will still need some time to begin using the new and improved Nutrition Facts label. For a while, you will continue to see both labels. As more manufacturers update their labels, you will start to see more appear on products nationwide.

For more information about the new Nutrition Facts label, visit: [www.fda.gov/Food/GuidanceRegulationGuidanceDocuments/RegulatoryInformation/LabelingNutrition/ucm385663.htm](http://www.fda.gov/Food/GuidanceRegulationGuidanceDocuments/RegulatoryInformation/LabelingNutrition/ucm385663.htm), January 2018

## Did you know?

Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.



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