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.

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Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*
Total Fat 8g 10%
  Saturated Fat 1g 5%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 12%
  Dietary Fiber 4g 14%
  Total Sugars 12g
 Includes 10g Added Sugars 20%
Protein 3g

* 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.

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Our doctors listen to you
**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, concentrated fruit or vegetable juice

**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.

**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/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm, January 2018

Source: FDA U.S. Food & Drug Administration