

THE NEW NUTRITION FACTS LABEL: What's Changing

The **U.S. Food and Drug Administration** has changed the requirements for the Nutrition Facts label that food packages must display. The changes reflect new scientific data about what constitutes a healthy diet. They also are designed to make labels easier to read and understand. Most manufacturers and packagers must adopt the new labeling standards by *July 26, 2018*. Small businesses will have an additional year to comply.

KEY CHANGES

Nutrition Facts	
Serving Size 1 cup (110g)	
Servings Per Container About 6	
Amount Per Serving	
Calories 250	Calories from Fat 30
% Daily Value*	
Total Fat 7g	11%
Satu	
Tran	
Chole	
Sodi	
Total	
Diet	
Sug	
Prote	
Vitami	
Vitami	
Calciu	
Iron	
* Percent Daily Values are based on a diet of other people's misdeeds.	
Total Fat	
Saturat	
Cholester	
Total Carb	
Dietary	
Nutrition Facts	
6 servings per container	
Serving Size 1 cup (110g)	
Amount per 1 cup	
Calories 250	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mcg	20%
Iron 8mcg	45%
Potassium 235mcg	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.	

SERVINGS

Serving sizes have been adjusted to more accurately reflect Americans' actual eating habits. Information about servings per container and serving sizes has been made larger and more prominent.

CALORIES

Likewise, the calorie count for a serving has been made larger and more prominent, making it easier for consumers to determine their caloric intake.

FATS

The FDA has removed "Calories from Fat" from labeling because research shows that the type of fat consumed is more important than the amount.

ADDED SUGARS

"Added Sugars" has been added to the label to identify how much sugar was added during processing or packaging. Added sugars have been identified as detrimental to maintaining a healthy caloric intake.

NUTRIENTS

Because most Americans today get enough of vitamins A and C, they have been removed from the Nutrients section of the label. Vitamin D and potassium have been added because many Americans do not get enough of these nutrients. The daily values for nutrients also have been updated to better reflect current scientific data.

FOOTNOTE

The "% Daily Value" information has been updated to better explain its meaning in the context of a regular, healthy diet.

Source: U.S. Food and Drug Administration