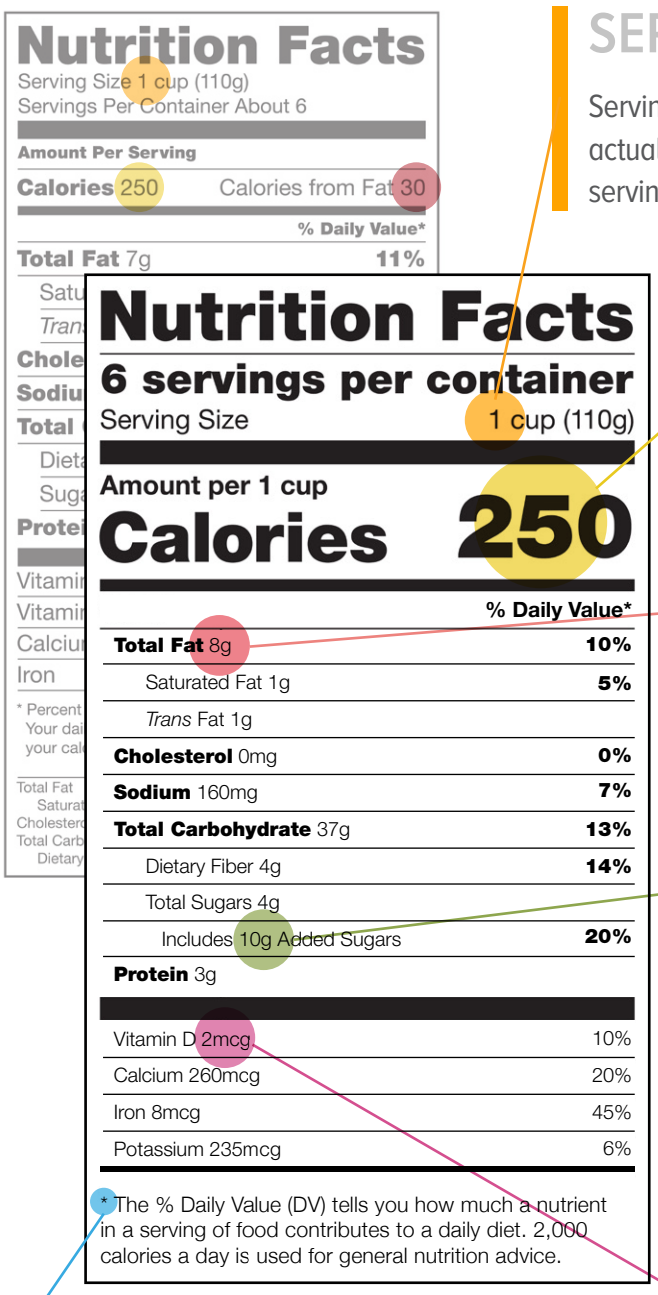
THE NEW NUTRITION FACTS LABEL:
What's Changing

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



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