

What's New with the Nutrition Facts Label?

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and drinks. The refreshed design and updated information will make it easier for you to make healthier food choices that contribute to lifelong healthy eating habits. So, what's changed?

Original Label

| Nutrition Facts | | | |
|--|----------------------|-----------------------|------------|
| Serving Size 2/3 cup (55g) | | | |
| Servings Per Container About 8 | | | |
| Amount Per Serving | | | |
| Calories 230 | Calories from Fat 72 | | |
| | | % Daily Value* | |
| Total Fat 8g | | | 12% |
| Saturated Fat 1g | | | 5% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 160mg | | | 7% |
| Total Carbohydrate 37g | | | 12% |
| Dietary Fiber 4g | | | 16% |
| Sugars 12g | | | |
| Protein 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 |

New Label

| 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% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 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. | |

- 1 Serving sizes now appear in larger, bold type.
- 2 Calories are now displayed in larger, bolder type.
- 3 Manufacturers must declare the actual daily value in addition to the percent.
- 4 Vitamin D, potassium, and added sugars are now listed.

1

Serving size gets real.

Servings per container and serving size appear in bigger, bold type. And serving size has been updated to better reflect the amount that people typically eat and drink today. NOTE: Serving size not a recommendation of how much to eat.

- The information listed on the label is based on one serving.
- One package of food may contain more than one serving.
- Some containers may also have nutrition information for the entire package.

2

Calories go big.

Calories are now in larger and bolder type.

“Calories from Fat” has been removed because research shows the type of fat is more important than the amount.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight and physical activity level. Check your calorie needs at www.ChooseMyPlate.gov/GetMyPlan.

3

The lows and highs of % Daily Value.

The percentage Daily Value (%DV) for nutrients have been updated. %DV shows how much a nutrient in a serving of food contributes to a total daily diet. As a general guide:

- **5% DV or less** of a nutrient per serving is considered **low**.
- **20% DV or more** of a nutrient per serving is considered **high**.

The footnote at the bottom of the label has been updated to better explain %DV.

4

Nutrients: the updated list.

- **Added Sugars** is now required to be listed on the label. This includes sugars that are added during the processing of foods or packaged as sweeteners. The reason this information is now included is because when sugars are added to foods or consumed by themselves (e.g., table sugar or honey), they add calories without adding nutrients needed for health. Consuming too much Added Sugars can make it hard to meet nutrient needs while staying within calorie limits.
- **Vitamin D and potassium** will be required to be listed on the label because many Americans do not get the recommended amounts.
- **Calcium and iron** will continue to be listed on the label.
- **Vitamins A and C** will no longer be required to be listed since most people already get enough of these nutrients. These nutrients can be included on a voluntary basis.

Make the label work for you.

Use the label to choose products that are lower in the nutrients you want to get less of and higher in nutrients you want to get more of. Paying attention to the nutrient content of foods can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

- Compare and choose foods.
Low: under 5% DV in saturated fat, sodium, and added sugars.
High: over 20% DV in dietary fiber, vitamin d, calcium, iron, and potassium.
Trans fat has no %DV, but you can use the grams as a guide to keep your intake of *trans* fat as low as possible.

Learn more about the new Nutrition Facts label at: www.FDA.gov

