

Nutrition Facts:

What You Need to Know Now

In May 2016, the U.S. Food and Drug Administration showcased a new Nutrition Facts label for packaged foods. It has been updated to reflect the latest nutrition research and make it easier for consumers to make informed food choices.

Time for a change: The old label was created more than 20 years ago. The updates are based on new scientific information, public health research, recommendations from expert groups and input from the public about what they want to see on the label.

You may not see the changes immediately. Large food manufacturers have until July 2020 to update their product labels. Small companies with an annual revenue of less than \$10 million will have an extra year to make the required changes.

The label will appear largely the same, but with the following content changes:

- 1 **Calories, servings per container** and **serving sizes** will be in larger print. The number of **calories** and the **serving size** declaration will be in bold type.
- 2 The amount of **added sugars** in the product, in addition to the existing amount of total sugars (natural and added), will be showcased.
- 3 **Vitamin D** and **potassium** content are required on the label. The amounts (not just the percent Daily Value) for **vitamin D**, **calcium**, **iron** and **potassium** will be required.
- 4 Daily values for nutrients such as **sodium**, **dietary fiber** and **vitamin D** are being updated based on new scientific evidence from the Institute of Medicine.

And what's missing from the new label? The amounts of **vitamins A** and **C** are no longer shown, and the amount of **calories from fat** has been removed because research shows that the **type** of fat is more important than the **amount**.

Reality check on serving sizes: Since the Nutrition Facts label was introduced, the amount that Americans eat and drink has changed. The new label will show updated serving sizes for certain foods, based on what consumers eat. Sometimes the serving size will increase, and sometimes it will decrease, based on consumption data.

For example, under the current regulations, a soft drink serving size is labeled 8 ounces, although a typical can contains 12 ounces and most people drink an entire can in 1 sitting. So the updated label will reflect this common practice by changing the serving size: 1 can = 12 ounces = 1 serving = 200 calories.

And remember, the serving size shows what people generally consume, but it's not a recommendation for **how much they should** consume. For a complete picture, visit choosemyplate.gov to create an eating plan that meets your needs.



Nutrition Facts	
8 servings per container	1
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	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.	

U.S. Food and Drug Administration

