In May 2016, the FDA announced a new Nutrition Facts label for packaged foods. The changes reflect updated scientific information and will be easier for the consumer to understand.

### Compliance Date: January 1, 2020

#### Important Labeling Changes

Compare the new format to the original label. What’s different?

<table>
<thead>
<tr>
<th>Original Nutrition Facts</th>
<th>New Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
<td>1/2 cup (105g)</td>
</tr>
<tr>
<td><strong>Servings Per Container</strong></td>
<td>4</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>200</td>
</tr>
<tr>
<td><strong>Calories From Fat</strong></td>
<td>120</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td>*</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>13g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>8g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>50mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>70mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrates</strong></td>
<td>30g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2g</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>27g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>8%</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>15%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your dietary needs.

### Change in Required Nutrients

Some nutrients, such as potassium and vitamin D, are now required on the label because they can be too low in people’s diets. Actual amount of certain nutrients now must be listed in addition to the percent daily value.

### Daily Value Footnote Rewritten

To give a clearer explanation of how the percent DV relates to a total daily diet.

### Larger & Bolder Type

For the serving size, number of servings, & calories, all are important elements in making healthy food choices.

### Calories from Fat Has Been Removed from Label

Research shows that the type of fat consumed is more important than the amount.

### Daily Values Updated

Daily Values for certain nutrients have been updated based on newer scientific information.

#### Increased

- Total Fat
- Phosphorus
- Magnesium
- Manganese
- Dietary Fiber
- Calcium
- Vitamin C, D, & K

#### Decreased

- Sodium
- Total Carbohydrates
- Thiamin
- Riboflavin
- Niacin
- Biotin
- Pantothenic Acid
- Zinc
- Selenium
- Copper
- Chromium
- Molybdenum
- Chloride
- Vitamin A, E, B6, & B12

#### No Change

- Saturated Fat
- Cholesterol
- Protein
- Iron
- Iodine

#### Added

- Added Sugars
- Choline

### A Change in Listing of Sugars

Sugars are now listed as Total Sugars and a new line is included for Added Sugars. Added Sugars include sugars that have been added during food processing. This information can be used when considering the overall nutrient density of the food.