UNDERSTANDING THE NEW NUTRITION FACTS LABEL

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?

NEW

Amount per serving

Calories 270

% Daily Value *

Total Fat 17g

% Daily Value *

22%

Saturated Fat 11g

55%

Trans Fat 0g

0%

Cholesterol 0mg

0%

Sodium 94mg

4%

Total Carbohydrates 40g

13%

Dietary Fiber 3g

10%

Total Sugars 36g

Includes 10g Added Sugars 20%

Protein 7g

DAILY VALUES UPDATED

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

INCREASED

TOTAL FAT
PHOSPHORUS
MANGANESE
DIETARY FIBER
CALCIUM
VITAMIN C, D, & K

DECREASED

SODIUM
TOTAL CARBOHYDRATES
THIAMIN
RIBOFLAVIN
NIACIN
BIOTIN
PANTOTHENIC ACID
ZINC
SELENIUM
COBALT
MOLYBDENUM
CHLORIDE
VITAMIN A, E, B6, & B12

NO CHANGE

SATURATED FAT
CHOLESTEROL
PROTEIN
IRON
IODINE

ADDED

ADDED SUGARS
CHOLINE

CALORIES FROM FAT HAS BEEN REMOVED FROM LABEL

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

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.


SERVING SIZE ADJUSTED

What is considered to be a single serving is different today than it was 20 years ago when the original Nutrition Facts label was created. The new serving sizes are more realistic to match how much people typically consume in one sitting.

PACKAGING AFFECTS SERVINGS

Package sizes will be more realistic to reflect how much people typically eat and drink in one sitting.

For example, since people can drink a 12 or 20 ounce bottle in one sitting, they will now both be displayed as 1 serving on the Nutrition Facts label.

LARGER & BOLDER TYPE FOR THE SERVING SIZE, NUMBER OF SERVINGS, & CALORIES

All are important elements in making healthy food choices.

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.

ORIGINAL SERVING SIZE

200 CALORIES

NEW SERVING SIZE

270 CALORIES

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