

# The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

## 1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously ½ cup and now is ¾ cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

## 2. Calories

“Calories” is now larger and bolder.

## 3. Fats

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

## 4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food. Scientific

## Current Label

### Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

Amount Per Serving	Calories from Fat 72	% Daily Value*
<b>Calories</b> 230		
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 1g		<b>5%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 37g		<b>12%</b>
Dietary Fiber 4g		<b>16%</b>
Sugars 1g		
<b>Protein</b> 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	% Daily Value*
<b>Calories</b> 230		
<b>Total Fat</b> 8g		<b>10%</b>
Saturated Fat 1g		<b>5%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 37g		<b>13%</b>
Dietary Fiber 4g		<b>14%</b>
Total Sugars 12g		
Includes 10g Added Sugars		<b>20%</b>
<b>Protein</b> 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.

data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

## 5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount in grams in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

## 6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.



For more information about the new Nutrition Facts label, visit:

[www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm)