What's New With the Nutrition Facts Label?

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed 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 8

Amount Per Serving

Calories 230	Calories from Fat 72

	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1g	**5**%
Trans 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**%
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 240mg	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 The serving size now appears in larger, bold font and some serving sizes have been updated.

2 Calories are now displayed in larger, bolder font.

3 Daily Values have been updated.

4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

The New **Nutrition Facts Label** *What's in it for you?*

1 Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. Serving sizes have also been updated to better reflect the amount people typically eat and drink today. NOTE: The serving size is not a recommendation of how much to eat.

- The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package.
- One package of food may contain more than one serving.

2 Calories Go Big

Calories are now in larger and bolder font to make the information easier to find and use.

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 https://www.choosemyplate.gov/resources/MyPlatePlan.

3 The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Daily Values for nutrients have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label. 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

What information is no longer required on the label?

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

Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

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

Nutrients: The Updated List (Continued)

What information was added to the label?

Added sugars have been added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.

Vitamin D and potassium are now required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

What vitamins and minerals stayed the same?

Calcium and iron will continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Make The Label Work For *You*

Use the label to support your personal dietary needs—choose foods that contain more of the nutrients you want to get more of and less of nutrients you may want to limit.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
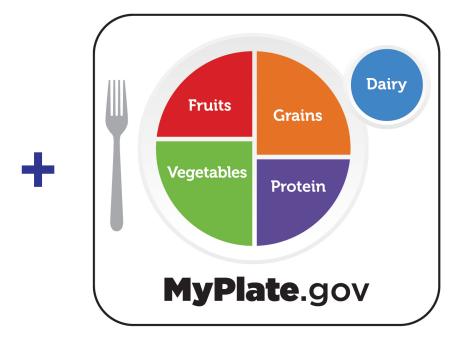- Lower in saturated fat, sodium, and added sugars.

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

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

Using the Nutrition Facts Label and MyPlate to Make Healthier Choices

The Nutrition Facts label's refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Using the Nutrition Facts label together with MyPlate can help you be healthier now and in the future. After all, what you eat and drink over time matters.

Nutrition Facts

About 13 servings per container
Serving size 6 crackers (30g)

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%

* 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.

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Fruits • Grains • Dairy • Vegetables • Protein

MyPlate.gov

The New **Nutrition Facts Label** *What's in it for you?*

What's New With the Nutrition Facts Label?

Calories and serving sizes now appear in a larger font. Daily Values and serving sizes have been updated. Added sugars, vitamin D, and potassium are now listed and manufacturers must declare the amount in addition to the percent Daily Value for vitamins and minerals.

Create a Healthier Eating Style With MyPlate

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. MyPlate offers ideas and tips to help you create an eating style that meets your individual needs and can improve your health. MyPlate offers recipes, tips for eating healthy on a budget and many other helpful resources.

Find Out How Many Calories You Need and Your Food Group Targets With the MyPlate Plan

The MyPlate Plan is a personalized food plan based on your age, sex, height, weight, and physical activity level. It helps you figure out how many calories you need each day and shows you food group targets—what and how much to eat within your calorie allowance. Get your MyPlate Plan at https://www.myplate.gov/myplate-plan (also available in Spanish).

Use the MyPlate Plan and the Nutrition Facts Label Together

Now that you have your MyPlate Plan, aim to meet your MyPlate food group goals for vegetables, fruits, grains, protein foods, and dairy. You can use the Nutrition Facts label to monitor calories and nutrients in packaged foods and drinks and more often choose items higher in dietary fiber, vitamin D, calcium, iron, and potassium and lower in saturated fat, sodium, and added sugars.

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