

What's on the Nutrition Facts Label?

In 2016, the U.S. Food and Drug Administration (FDA) updated requirements for the Nutrition Facts label on packaged foods and drinks. FDA required changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This was the first major update to the label in over 20 years. The refreshed design and updated information make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. So, what 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 |

Current 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 appears in large, bold font and some serving sizes were updated.
- 2 Calories are displayed in large, bold font.
- 3 Daily Values were updated.
- 4 Added sugars, vitamin D, and potassium are required on the label. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

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 were also updated to better reflect the amount people typically eat and drink. 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 in large and bold 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.myplate.gov/myplate-plan>.

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. Most Daily Values for nutrients were updated. 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 was updated to better explain %DV.

4

Nutrients: The Updated List

What information was no longer required on the label?

Calories from fat were 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.

Nutrients: The Updated List (Continued)

What information was added to the label?

Added sugars were 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 were 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 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 Nutrition Facts label at: www.FDA.gov/NutritionFactsLabel