

9 THINGS YOU NEED TO KNOW

About The New FDA Nutrition Label

9 Odd Size Packages

Packages that are between one and two servings will now both be labeled as one serving.



8 Calories From Fat

The "Calories from Fat" line has disappeared due to new research that shows the *type* of fat is more important than the *amount* of fat.



7 Sodium & Dietary Fiber

The percent daily values for sodium and dietary fiber have been changed to reflect the new dietary guidelines. New DV will be based on 28g of fiber instead of 25g and 2,300 mg of sodium instead of 2,400mg.



6 Vitamins

Vitamin D and Potassium are now required on labels since deficiencies of these vitamins represent a public concern. Vitamins A and C are no longer required.



5 Daily Value

While still based on a 2,000 calorie diet, explanation is more streamlined.



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 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.

1 Serving Size

The most controversial update, the serving size now reflects what people *currently* eat rather than what is *suggested* they eat.



2 Calories

The total count is now highlighted and larger to make more noticeable.



3 Multi-Serving Products

For food products that could be consumed in single or multiple sittings, there will be a second column to indicate per-serving or per-package calorie and nutrition information.



4 Added Sugars

A new category meant to help cut down on sugar. Measured in both grams and a percentage, this change enables consumers to tell the difference between sugars added during processing versus sugars that come naturally.

