



USFDA Nutrition Facts Panel Update

May 20, 2016

FDA Modernizes Nutrition Facts Label for Packaged Foods

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Key Updates - The new Nutrition Facts label will include the following.

- An updated design to highlight “calories” and “servings,” two important elements in making informed food choices
- Requirements for serving sizes that more closely reflect the amounts of food that people currently eat
- Declaration of grams and a percent daily value (%DV) for “added sugars” to help consumers know how much sugar has been added to the product
- “Dual column” labels to indicate both “per serving” and “per package” calorie and nutrition information for certain multi-serving food products that could be consumed in one sitting or multiple sittings
- For packages that are between one and two servings, such as a 20 ounce soda, the calories and other nutrients will be required to be labeled as one serving

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- Declaration of Vitamin D and potassium that will include the actual gram amount, in addition to the %DV
- The %DV for calcium and iron will continue to be required, along with the actual gram amount
- Vitamins A and C will no longer be required because deficiencies of these vitamins are rare, but these nutrients can be included on a voluntary basis

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- “Total Fat,” “Saturated Fat,” and “Trans Fat” will continue to be required.
- An abbreviated footnote to better explain the %DV
- FDA is also making minor changes to the Supplement Facts label found on dietary supplements to make it consistent with the Nutrition Facts label
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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%
<i>Trans</i> 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.

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

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Serving sizes updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

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Dual Column Format of Nutrition Facts Panel



Nutrition Facts				
2 servings per container				
Serving size		1 cup (255g)		
Calories	Per serving		Per container	
	220		440	
	% DV*		% DV*	
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
<i>Trans</i> Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	21%
Total Carb.	35g	13%	70g	25%
Dietary Fiber	6g	21%	12g	43%
Total Sugars	7g		14g	
Incl. Added Sugars	4g	8%	8g	16%
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

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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%

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Serving Size Changes

FOOD SERVING SIZES GET A REALITY CHECK

Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

CURRENT SERVING SIZE



NEW SERVING SIZE



Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.



1 SERVING PER BOTTLE
FOR EITHER BOTTLE SIZE

What are Added Sugars

FDA defines “added sugars” as:

Sugars that are either added during the processing of foods, or are packaged as such

- Sugars (free, mono- and disaccharides)
- Syrups
- Naturally occurring sugars
- Other caloric sweeteners

47%
of added
sugars come
from
BEVERAGES

31%
of added
sugars are
contributed by
**SNACKS &
SWEETS**

On average,
Americans get
16% of their total
calories from
added sugars.

sugars should
be less than
10% of total
energy intake
per day

a reduction to
below **5%** of
total energy
intake per day
would have
additional
benefits

Source: <http://health.gov/dietaryguidelines/2015/guidelines/chapter-2/a-closer-look-at-current-intakes-and-recommended-shifts/>