

NUTRITION FACTS

A new update is coming to processed foods near you!

Additional Changes:

The new label will highlight **calories and serving size** in a more obvious way than the original label.

In addition, serving size is required to be a **closer reflection of typical servings** eaten by Americans, in order to provide a more realistic indication of the calorie impact of the food. There will also be **"dual column" elements** of this label so that information can be listed both by serving and by package.

Another addition to this version of the label is a list of the grams and percent daily value (% DV) for **added sugars**. Most people need to reduce their added sugar consumption, limiting it to 10% of their daily calories. With this update to the label, that will be easier to do.

Here's What's New:

The latest version of this food label will include **new daily values for dietary fiber, sodium, and vitamin D**. This update will bring those numbers to the new standards set forward by the IOM and the Dietary Guidelines for Americans.

The new label will also feature **actual grams of vitamin D and potassium**, in addition to their % DV. According to a press release from the FDA, "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."

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

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.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote