

The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

“Calories” is now larger and bolder.

3. Fats

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

4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 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

1 8 servings per container
Serving size 2/3 cup (55g)

2 **Amount per serving**
Calories **230**

% Daily Value*

3 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	

4 Includes 10g Added Sugars **20%**

Protein 3g

5 Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%

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.

sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

It's so easy 

NUTRITION



It's easy to be healthy when you know where to start!

Nutrition Game!

Can you unscramble the words below to find health messages?

1. For good health, fill half your plate with fruits and _____ at each meal.

G A B E E E S L T V

2. When you drink milk, look for options with little to no _____.

A T F

3. _____ are a great source of plant protein to help you grow.

S A B E N

4. Make at least half of the grains you eat _____ grains each day.

E H L O W

5. Apples, oranges, and strawberries are all types of _____.

U T S R I F



Meet MyPlate:

MyPlate is made up of 5 different sections...

- Fruit
- Vegetables
- Grains
- Protein
- Dairy



Can you make your plate look like MyPlate?

Choose lean protein and dairy options. (That means versions without a lot of fat). Choose whole grain foods like 100% whole wheat bread and brown rice. And, of course, fill half your plate with fruits and vegetables



United States Department of Agriculture

Easy Steps to Prevent Food Waste

Everyone is shopping smarter these days. It is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas.

Use these tips to save on groceries and help the environment.

1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

4. Compost, don't trash



Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.

Learn more about food loss and waste prevention at www.usda.gov/foodlossandwaste.

