

At a Glance: Highlights of the Nutrition Facts Label

The Nutrition Facts label on packaged foods was updated in 2016 to reflect updated scientific information, including information about the link between diet and chronic diseases, such as obesity and heart disease. The updated label makes it easier for consumers to make better informed food choices.

1. Features a Refreshed Design

- The “iconic” look of the label remains, but we made important updates to ensure consumers have access to the information they need to make informed decisions about the foods they eat. These changes include increasing the type size for “Calories,” “servings per container,” and the “Serving size” declaration, and bolding the number of calories and the “Serving size” declaration to highlight this information.
- Manufacturers must declare the actual amount, in addition to the percent Daily Value of vitamin D, calcium, iron and potassium. They can voluntarily declare the amount for other vitamins and minerals.
- The footnote better explains what percent Daily Value means. It reads: “*The % Daily Value 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.”

2. Reflects Updated Information about Nutrition Science

- “Added sugars,” in grams and as a percent Daily Value, is included on the label. 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 sugars.
- The list of nutrients that are required or permitted to be declared was updated. Vitamin D and potassium are now required on the label. Calcium and iron are still required. Vitamins A and C are no longer required but can be included on a voluntary basis.
- While continuing to require “Total Fat,” “Saturated Fat,” and “*Trans* Fat” on the label, “Calories from Fat” was removed because research shows the type of fat is more important than the amount.
- Daily Values for nutrients like sodium, dietary fiber and vitamin D were updated based on newer scientific evidence from the National Academies of Sciences, Engineering, and Medicine (NASEM), formerly known as the Institute of Medicine. Daily Values are reference amounts of nutrients to consume or not to exceed and are used to calculate

the percent Daily Value (% DV) that manufacturers include on the label. The % DV helps consumers understand the nutrition information in the context of a total daily diet.

3. Updates Serving Sizes and Labeling Requirements for Certain Package Sizes

- By law, serving sizes must be based on amounts of foods and beverages that people are actually eating, not what they should be eating. How much people eat and drink has changed since the previous serving size requirements were published in 1993. For example, the reference amount for a serving of ice cream was previously $\frac{1}{2}$ cup but changed to $\frac{2}{3}$ cup. The reference amount used for a serving of soda changed from 8 ounces to 12 ounces.
- Package size affects what people eat. So, for packages that are between one and two servings, such as a 20-ounce soda or a 15-ounce can of soup, the calories and other nutrients are required to be labeled as one serving because people typically consume it in one sitting.
- For certain products that are larger than a single serving but that could be consumed in one sitting or multiple sittings, manufacturers have to provide “dual column” labels to indicate the amount of calories and nutrients on both a “per serving” and “per package” or “per unit” basis. Examples would be a 24-ounce bottle of soda or a pint of ice cream. With dual-column labels available, people are able to easily understand how many calories and nutrients they are getting if they eat or drink the entire package or unit at one time.

Compliance Dates

Manufacturers with \$10 million or more in annual sales were required to update their labels by January 1, 2020; manufacturers with less than \$10 million in annual food sales were required to update their labels by January 1, 2021. Manufacturers of most single-ingredient sugars, such as honey and maple syrup, and certain cranberry products have until July 1, 2021 to make the changes. The compliance dates are still in place, but the FDA is working cooperatively with manufacturers to meet the new Nutrition Facts label requirements.

New Label / What's Different?

Servings:
larger,
bolder type

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.

Serving sizes
updated

Calories:
larger type

Daily Values
Updated

New:
added sugars

Change
in some
nutrients
required

Actual
amounts
declared

New
footnote