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 font. Serving sizes have been updated to better reflect the amount people typically eat and drink. 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 **Fat:** “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 include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and 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.

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.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

March 2020