

THE NEW NUTRITION FACTS LABEL

WHAT HAS CHANGED AND HOW TO USE IT



Why did the U.S Food and Drug Administration (FDA) change the label?

The Dietary Guidelines for Americans are published every five years. The aim of the guidelines is to promote health and prevent disease. The 2020-2025 Dietary Guidelines for Americans are the result of a panel of distinguished scientists' review of the current scientific evidence on key nutrition and health topics for each life stage¹.

The Dietary Guidelines evolve as scientific knowledge grows. For example, the recommendation for added sugar was added to the guidelines for the first time in 2015. Recent research also suggests a role for vitamin D and potassium in addressing current public health issues¹.

The Nutrition Facts Label and MyPlate are tools to help consumers meet the recommendations of the Dietary Guidelines. It has been more than 20 years since the Nutrition Facts Label was updated. The new label better reflects the current science related to nutrition and health, dietary recommendations and input from consumers².

The information provided on the Nutrition Facts Label highlights nutrients of public health concern and helps consumers make informed food choices and comparisons¹. The updated information makes it easier to choose foods that will lower the risk of chronic disease like obesity and heart disease. As of January 1, 2021, all food products were required to use the new Nutrition Facts Label.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container 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 1g	
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

OLD LABEL

NEW LABEL

Can you spot the differences?

Serving Size and Servings per Container

Calories

Calories from Fat

% Daily Value (% DV)

Added Sugars

Vitamins and Minerals

Daily Value Footnote

Nutrition Facts	
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Serving size	2/3 cup (55g)
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Trans Fat 0g	
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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.

Changes on the Nutrition Facts Label

1. Serving Size and Servings per Container

- Serving size and servings per container switched positions.
- Serving size information appears in a larger and bolder type, so it can be more easily found on labels². Some serving sizes have been modified to reflect the typical amount a person consumes rather than reference amounts.
- For example, the reference serving size of soda was 8 ounces. On the new Nutrition Facts Label, the serving size is now 12 ounces since that is the amount of a soda can.
- All information on the Nutrition Facts Label is based on the serving size listed.

2. Calories

- Consuming excess calories on a routine basis is linked to overweight and obesity¹.
- In response, the new Nutrition Facts Label places more emphasis on the calories in food products.
- The font size for “Calories” was enlarged and bolded to make calories easier to see.
- Another change is that calories from fat are no longer listed. This was removed because the type of fat consumed matters more than the amount of fat².

3. % Daily Value (% DV)

- One difference you cannot easily see is the % DV. The DV is the recommended intake for each nutrient based on the reference 2000 calorie diet.
- The % DV indicates how much of the recommended intake for a given nutrient is in one serving of a food item.
- The % DV helps you identify high and low sources of various nutrients in one serving of a food product.
- A general guide:
 - < 5% DV per serving is low
 - >20% DV per serving is high

Nutrition Facts

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

2 **Amount per serving**
Calories 230

3 **% 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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Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

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% Daily Value*

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4. Added Sugars

- Under total carbohydrate, added sugars in grams has been added².
- This was added because the Dietary Guidelines for Americans recommends limiting added sugar consumption to less than 10% of total calories¹.
- Naturally occurring sugars, such as in fruit and dairy, are not considered added sugars; no limits exist for naturally occurring sugars.

5. Vitamins and Minerals

- All vitamins, minerals, and electrolytes are considered micronutrients.
- The Nutrition Facts Label now requires vitamin D, potassium, calcium and iron to be listed both in mcg or mg and %DV². These are listed since these are nutrients of public health concern.
- Vitamins A and C are no longer required since deficiencies are rare among the American population. Food manufacturers are still able to list these two vitamins within the nutrition facts label on a voluntary basis².
- Vitamin D is one of the most common under-consumed nutrients among the American population³ The recommended intake is 15 mcg of vitamin D per day for adults 18 and older who spend minimal time in the sun⁴.

Some staple food items are fortified with vitamin D such as milk, ready-to-eat cereal, yogurt, and soy products¹.

Vitamin D helps sustain bone health, and may prevent chronic disease (e.g., heart disease, diabetes) as well as cancer.

- Potassium is another nutrient often under-consumed among adults³. Potassium plays a critical role in lowering blood pressure and protecting against heart disease¹. Adults 18 and older should consume 4,700 mg of potassium per day⁵.
- Calcium is stored in our bones and teeth to provide structure and strength. Calcium also plays a role in releasing hormones and sending signals in our body⁶. Calcium recommendations vary by age and stage of life. Adults ages 19-50 should aim for about 1,000 mg of calcium per day. Teenagers, pregnant women and women over 50 need 1300 mg per day⁶.

6. Daily Value Footnote

- The footnote was rewritten to improve consumer understanding of percent Daily Values².



CURRENT NUTRIENT RECOMMENDATIONS



Nutrients to **DECREASE** in your diet

Saturated Fat

- Too much saturated fat can increase your risk of developing heart disease.
- Limit saturated fat less than 10% of total calories (e.g., If consuming 2000 calories that is 200 calories or 23gms).¹
- Animal products like lamb, pork, and dairy products contain high amounts of saturated fat. Processed and fried food also tend to be high in saturated fat.⁷

Sodium

- Too much sodium can increase your risk of developing high blood pressure and heart disease. Convenience food items like rice and pasta mixes, canned soups and vegetables, and pizza are high in sodium.¹
- Reduce sodium intake to less than 2,300 mg/day.⁵

Added Sugar

- Limit added sugars to less than 10% of calories per day to lower risk for chronic disease.¹
- For a 2,000 calorie daily diet that would be 200 calories or 50 gms of added sugar daily.
- Sweetened beverages like fruit drinks and soft drinks are the single largest source of added sugars¹.

Nutrients to **INCREASE** in your diet

Fiber

- Fiber helps prevent heart disease and improves gut health.
- Aim to get about 14 gms of fiber per 1,000 calories you consume per day (about 20-35 gms)⁸.
- Whole grain bread, cereals, brown rice, fruits, vegetables, and beans are all good sources of fiber¹.

Potassium

- Reaching the recommended intake of potassium can help decrease your risk for high blood pressure.
- The recommended amount of potassium is 4,700mg.⁵
- Bananas, potatoes, avocados, spinach and other greens are great sources of potassium¹.

Calcium

- Calcium helps to build strong bones and prevent osteoporosis.
- Aim to get about 1,000mg/day.⁴
- Yogurt, milk, seafood, legumes, and tofu are all naturally high in calcium. Some products like orange juice are fortified with calcium. This means calcium is added to a food which doesn't naturally contain calcium¹.

Vitamin D

- Vitamin D is needed for healthy bones but may also be linked to heart disease, multiple sclerosis, type 2 diabetes and depression.
- The recommended intake of vitamin D is 15 mcg/day.⁴
- Soaking up some sunshine during the summer months is one way to reach the daily vitamin D recommendation. While egg yolks, dairy products, and seeds contain vitamin D, during the winter many will need to take a supplement to meet their vitamin D needs¹.

SOURCES

- 1 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
- 2 U.S. Food and Drug Administration (FDA). Changes to the Nutrition Facts Label. <https://www.fda.gov>.
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- 4 Institute of Medicine. Dietary Reference Intakes for calcium and vitamin D. <https://www.nationalacademies.org>.
- 5 Institute of Medicine. Dietary Reference Intakes for water, potassium, sodium, chloride, and sulfate. <http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>.
- 6 National Institute of Health (NIH). Calcium. <https://ods.od.nih.gov/factsheets/Calcium-Consumer>.
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- 8 Institute of Medicine. Dietary Reference Intake for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Proteins, and Amino Acids. <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/>.