



FDA Food Labeling Requirements and Updates to Nutrition Facts Label and Serving Size Information

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April 27, 2021

Topics Covered

- **Overview of Food Labeling**
- Nutrition Label Updates
- Updates to Serving Size Requirements
- Resources

FDA Food Responsibilities

- 20¢ of every consumer dollar in the US spent on FDA-regulated products
- FDA regulates safety & labeling of ~75% of all food consumed in the United States
 - Ensure that consumers are provided with accurate and useful information in food labeling
 - Encourage food product reformulation to create healthier products
- Close collaboration with CDC, NIH, USDA and other federal partners



FDA Food Responsibilities



- To help meet consumer demands, the United States imports about 15 percent of its overall food supply. Today more than 200 countries or territories and roughly 125,000 food facilities plus farms supply approximately 32 percent of the fresh vegetables, 55 percent of the fresh fruit, and 94 percent of the seafood that Americans consume annually. But this increasingly globalized and complex marketplace has also placed new challenges on our food safety system.



What Must be on a Food Label?

- Statement of identity (what the food is)
- Net Quantity of Contents (how much is in the package)
- Name and place of business (who makes the food and where are they located)
- Ingredient statement (what is in the food)
- Nutrition Labeling (unless there is an exemption)
- Allergen Labeling (if applicable)
- Other material facts about the food

Principal Display Panel (PDP)

- Portion of label most likely to be seen by consumer at time of purchase
- Package can have alternate principal display panels



Principal Display Panel Must Contain

- Statement of identity (name of food)
- Net quantity of contents statement (amount of food in package)



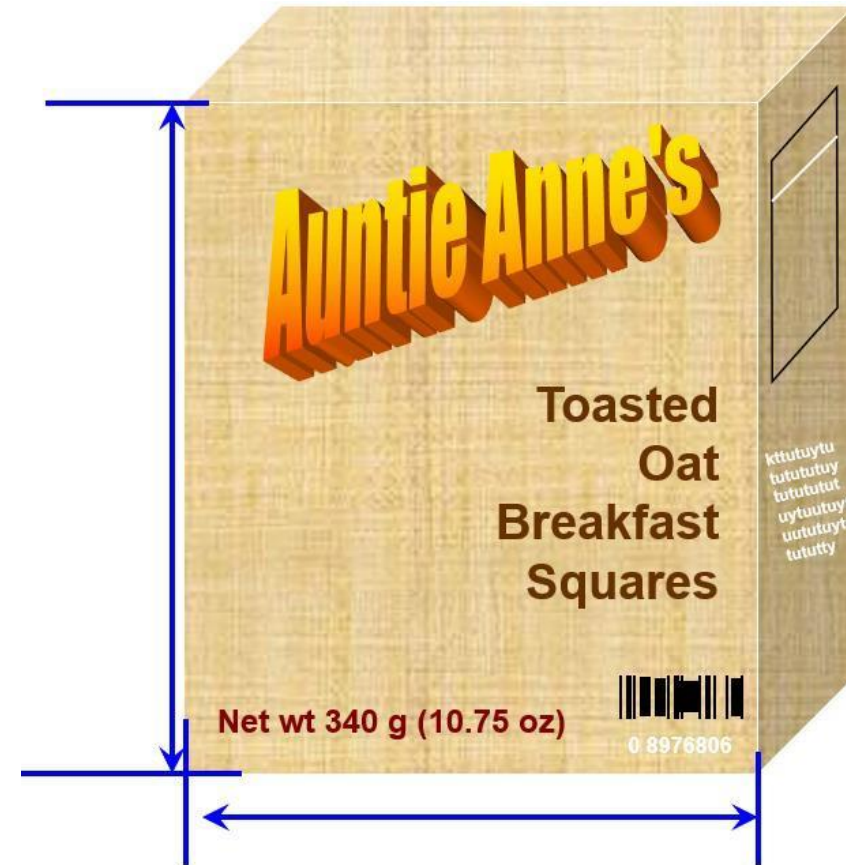
Statement of Identity

Is the name of the food

- Name required by law or regulation
 - Butter
 - Cheddar cheese
 - Food Standards
- Common or usual name of a food
 - Tomato soup
- Appropriately descriptive term
 - Chocolate chip cookies with walnuts

Net Quantity of Contents Statement

- Amount of food in package
 - Weight – pound/ounce, grams
 - Volume – gallon/fl. oz. mL
- Must be placed on PDP, lower 30%, parallel to base, conspicuous
- Should state in metric and must state U. S. Customary measure
- Area of PDP determines type size



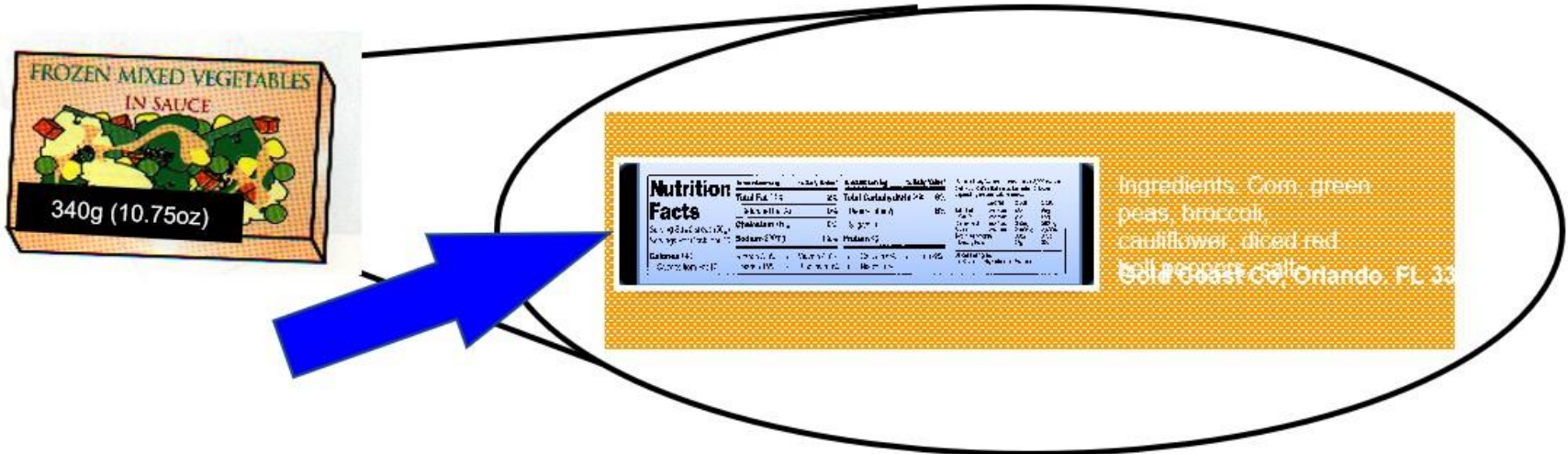
Information Panel

- Panel to the immediate right of PDP
- If this panel is unusable, then next panel to right



Information Panel Contains

- Name and address of firm
 - Example: manufacturer, packer, or distributor
- Ingredient list
- Nutrition Facts label (unless exempt)
- Allergen information (if applicable)



Name and place of Business

(ex: manufacturer, packer, or distributor)

- Unless actual manufacturer “distributed by”, “manufactured for”
- Address (city, state, zip code)
- Web address is not an acceptable substitute
- Country of origin required by U.S. Customs and Border Protection

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1/2 cup (125g) Servings about 2 Calories 100 Fat Cal. 10		Total Fat 1g	2%	Total Carb. 21g	7%
		Sat. Fat 0g	0%	Fiber 1g	4%
		Cholest. 0mg	0%	Sugars 9g	
		Sodium 400mg	17%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

INGREDIENTS: Corn, Water, Sugar, Modified Corn Starch, Salt.

Packed for: Morgan Finer Foods, Inc,
Peninsula, OH 44264

TO MICROWAVE: Empty contents into microwave-safe dish. Cover; heat 1 1/2 minutes. Stir; season to taste; serve.

FOR STOVE TOP HEATING: Empty contents into saucepan. Heat; season to taste; serve.

Product of Poland



0 11146 62945 1

Ingredient Statement

- Each food ingredient listed in descending order of predominance by weight
- Use common name of ingredients
- Must declare subingredients
- May group ingredients under 2%
- Some spices & flavors may be listed generically
- Minimum type size (1/16 of an inch)



INGREDIENTS: Corn, Water, Sugar, Modified Corn Starch, Salt

Nutrition Labeling

- Required on most products offered for sale
- The serving size is based on Reference Amounts Customarily Consumed (RACC)
- Exemptions and special labeling provisions
 - Examples:
 - Small Business exemptions
 - Insignificant amount of nutrients in food (plain tea)
- Generally, if a food contains a claim then it must have a nutrition label

Allergen Labeling (FALCPA)

- Amended the FD&C Act Section 403(w)
- Defines the term “major food allergen”
- Defines term “name of the food source from which the major food allergen is derived”
- Requires specific label declarations for major food allergens for all foods regulated by FDA except:
 - raw agricultural commodities (fresh fruits and vegetables)
 - ingredients exempt from the definition of a major food allergen

Eight Major Food Allergens

- Milk



- Egg



- Fish



- Crustacean Shellfish



- Tree Nuts



- Wheat



- Peanuts



- Soybeans



When Food Allergen Labeling Is Required

- When a major food allergen's common or usual name does not already identify its food source.

AND

- When that major food allergen's food source is not already identified elsewhere in the statement of ingredients for another allergenic ingredient.

Two Ways to Label Products Containing Major Food Allergens



OPTION 1

Nutrition Facts

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono- and diglycerides.

Contains: Wheat, Milk, Egg and Soy.

Any Cookie Company
College Park, MD 20740

OPTION 2

Cocoa Crispers Bar

Chocolate Candy with Crisped Rice

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 Bar (60g)				
Calories 230	Total Fat 12g	18%	Potassium 230mg	3%
Fat Cal. 100	Saturated Fat 7g	36%	Total Carb. 29g	10%
	Trans Fat 0g		Fiber <1g	3%
	Cholesterol 10mg	0%	Sugars 24g	
	Sodium 65mg	3%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 0%				

Manufactured by: Sweetz Inc.
101 Main Street, Baltimore,
MD 21201

Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Vanilla), Corn Syrup, Whey, Cocoa Powder, Crisped Rice (Rice, Sugar, Salt, Malt), **Wheat** Flour, Soy Protein, Ovalbumin (**Egg**), Natural **Peanut** Flavor.



Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Vanilla), Corn Syrup, Whey, Cocoa Powder, Crisped Rice (Rice, Sugar, Salt, Malt), Flour (**Wheat**), Soy Protein, Ovalbumin (**Egg**), Natural Flavor (**Peanut**).

Allergen Advisory Statement*

Example:

Ingredients: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil.

May contain eggs or nuts.

***Advisory statements are not required by
FALCPA**

Multiple Languages

If the label has any text in a second language, then all required elements must be in both English and the second language.

Implementing the Nutrition Facts Label

- **Compliance Date:** Jan 1, 2020 for manufacturers with annual food sales at or above \$10 million. Jan 1, 2021 for all others
- FDA issued many guidance documents on issues such as dietary fiber, and serving size declarations to help manufacturers comply with the new requirements
- Many manufacturers are using the new labels
- FDA has launched an educational campaign surrounding the new nutrition information consumers will be seeing in the marketplace

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> 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	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<hr/>	
* 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.	

Side-by-Side Comparison

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 70

% 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

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.

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

Additional Nutrient Change: Calories from Fat



Side-by-Side Comparison

Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans Fat</i> 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	
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%
<i>Trans Fat</i> 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.	

Calories and Serving Sizes

- Updated to focus attention on information that is important for addressing current public health problems like obesity
- Increased the type size of “Calories,” “servings per container,” and the “Serving size” declaration
- Reversed the order of “Serving size” and “servings per container”
- Bolded the “Calories” and the “Serving size” declaration

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 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	
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Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
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Dietary Fiber



- Definition for declared dietary fiber in the updated Nutrition Facts rule:
 - Fiber that is intact and intrinsic to plants is automatically included in our new fiber definition
 - Isolated or synthetic fiber must have a beneficial physiological effect to human health (e.g. improved laxation, lower cholesterol levels)
- The new definition of dietary fiber aligns with the 2005 recommendations from the National Academies of Sciences, Engineering and Medicine (formerly known as the Institute of Medicine)

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%
<small>* 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.</small>	

Added Sugars

- Changed “Sugars” to “Total Sugars”
- Added “Includes” to help clarify that “Added Sugars” is a subcomponent of “Total Sugars”
- Removed part of the hairline between “Total Sugars” and “Added Sugars”
- Added sugars includes sugars that are either added during processing of foods, or are packaged as such, and includes:

- | | | |
|----------------------------|-------------|-----------------------------|
| • syrups | • maltose | • sucrose |
| • brown sugar | • trehalose | • lactose |
| • high fructose corn syrup | • honey | • maltose sugar |
| • invert sugar | • molasses | • concentrated fruit juice* |

*Sugars from concentrated fruit or vegetable juices in excess of what would be expected from 100 percent fruit or vegetable juice. Excludes fruit or vegetable juice concentrated from 100 percent fruit juice that is sold to consumers (e.g., frozen concentrated orange juice).

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% 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	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<hr/>	
* 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.	

Added Sugars Cont'd

Labels on foods/beverages with added sugars will list:

- Number of grams of Total Sugars
- Number of grams of Added Sugars
- Percent Daily Value for Added Sugars

Exception!

Packages and containers of single-ingredient sugars and syrups will list:

- Number of grams of Total Sugars
- Percent Daily Value for Added Sugars
- May include footnote with information on grams and %DV for Added Sugars (Enforcement Discretion Date: July 1, 2021)

Example Label on Food/Beverage with Added Sugars

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% 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	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<hr/>	
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Example Single-Ingredient Sugar or Syrup

Nutrition Facts	
16 servings per container	
Serving size	1 Tbsp. (21g)
<hr/>	
Amount per serving	
Calories	60
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	34%†
Protein 0g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<hr/>	
* 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.	
† One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.	

Updated Daily Values

- Using most recent science
- Changes in DVs may make the %Daily Value look different
- Continue to use the population-coverage approach for Vitamins and Minerals
 - Total Fat: 65 → 78 g
 - Total Carbohydrate: 300 → 275 g
 - Dietary Fiber: 25 → 28 g
 - Sodium: 2,400 → 2,300 mg
 - Potassium: 3,500 → 4,700 mg
 - Calcium: 1,000 → 1,300 mg
 - Vitamin D: 400 IUs (10 mcg) → 20 mcg

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.

Updated Units of Measure



Nutrient	Original Daily Value /Units of Measure	Updated Daily Value/Units of Measure
Folate	400 mcg	400 mcg DFE
Niacin*	20 mg	16 mg NE
Vitamin A	5000 IU	900 mcg RAE
Vitamin D*	400 IU	20 mcg
Vitamin E	30 IU	15 mg α -tocopherol

Units of Measure Key

mg = milligrams

mcg = micrograms

mg NE = milligrams of Niacin Equivalents

mcg DFE = micrograms of Dietary Folate Equivalents

mcg RAE = micrograms of Retinol Activity Equivalents

IU = International Units

mg α -tocopherol = milligrams of alpha-tocopherol

*Daily Value also changed

Nutrients of Public Health Significance



- Original Label includes: Vitamin A, Vitamin C, Calcium and Iron
- New Label includes: Vitamin D, Calcium, Iron, and Potassium
 - Vitamins A and C are no longer mandatory on the label, but can be declared voluntarily
- Vitamin D and Potassium are now mandatory on the label
- Calcium and Iron remain on the label
- In addition to % Daily Value, the label now includes absolute amounts for nutrients of public health significance

Nutrition Facts	
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Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
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Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
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Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
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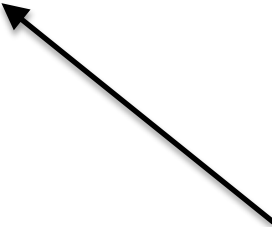


Updated Footnote

- Updated footnote better explains the % Daily Value and helps put calories in context of the daily diet

* 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.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
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Protein 3g	
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Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<hr/>	
* 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

- Per the Nutrition Labeling and Education Act, serving sizes are calculated based on the Reference Amounts Customarily Consumed (RACCs) and are required on the Nutrition Facts label
- Approximately 30 out of 158 RACCs changed, e.g.
 - Bulk ice cream from 1/2 cup to 2/3 cup
 - Carbonated beverages from 8 ounces to 12 ounces
 - Yogurt from 8 ounces to 6 ounces
- Approximately 25 new RACCs
 - Petitions and new foods

Serving Size Changes

**ORIGINAL SERVING SIZE
FOR ICE CREAM: 1/2 CUP**



**200
CALORIES**

**NEW SERVING SIZE
FOR ICE CREAM: 2/3 CUP**



**270
CALORIES**

Labeling Single-Serving Packages



1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

Calories and other nutrients must be declared for the entire package rather than per serving because people typically consume the entire package in one sitting.

Dual Column Labeling

- Required on packages that can be consumed in one or multiple sittings
- Nutrition information presented per serving and per package
- For packages that contain 200% and up to and including 300% of the RACC (Reference Amount Customarily Consumed)
 - A 3 oz (90 g) bag of chips would be labeled per serving [1oz (30 g)] and per package [90 g]

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
	Per serving	Per container	
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g	13%
Saturated Fat	2g 10%	4g	20%
<i>Trans</i> Fat	0g	0g	
Cholesterol	15mg 5%	30mg	10%
Sodium	240mg 10%	480mg	21%
Total Carb.	35g 13%	70g	25%
Dietary Fiber	6g 21%	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g	16%
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

* 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.

Examples of Label Formats

Nutrition Facts Servings: 12, **Serv. size: 1 mint (2g)**,
 Amount per serving: **Calories 5**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV),
Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 2g (1% DV),
 Fiber 0g (0% DV), Total Sugars 2g (Incl. 2g Added Sugars, 4% DV), **Protein** 0g,
 Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (6% DV).

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> 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	
Vit. D 2mcg 10% • Calcium 260mg 20%	
Iron 8mg 45% • Potas. 240mg 6%	
<small>* 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.</small>	

Nutrition Facts/Datos de Nutrición	
8 servings per container/8 raciones por envase	
Serving size/Tamaño por ración	2/3 cup/2/3 taza (55g)
Amount per serving/Cantidad por ración	
Calories/Calorías	230
<small>% Daily Value*/Valor Diario*</small>	
Total Fat/Grasa Total 8g	10%
Saturated Fat/Grasa Saturada 1g	5%
<i>Trans</i> Fat/Grasa <i>Trans</i> 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 160mg	7%
Total Carbohydrate/Carbohidrato Total 37g	13%
Dietary Fiber/Fibra Dietética 4g	14%
Total Sugars/Azúcares Totales 12g	
Includes 10g Added Sugars/Incluye 10g azúcares añadidos	20%
Protein/Proteínas 3g	
Vitamin D/Vitamina D 2mcg	10%
Calcium/Calcio 260mg	20%
Iron/Hierro 8mg	45%
Potassium/Potasio 235mg	6%
<small>* 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.</small>	
<small>* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.</small>	

Nutrition Facts Label Consumer Education Campaign



- FDA has launched a **consumer nutrition education campaign** to raise awareness about the updated Nutrition Facts label
- Key Audiences:
 - **Primary shoppers:** Focus on communities at risk for nutrition-related chronic disease
 - **Health educators:** physicians and healthcare professionals, dietitians, teachers and community leaders
- Priority educational topics include:
 - Calories
 - Serving size
 - Percent Daily Value (%DV)
 - Added Sugars, including in the context of the entire label (and the importance of reading the entire label generally)



#NewNutritionFactsLabel



Fact Sheets



What's New With the Nutrition Facts Label?

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and drinks. FDA is requiring changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This is the first major update to the label in over 20 years. The refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. So, what's changed?

Original Label

Nutrition Facts	
Serving Size 1/2 cup (50g)	
Servings Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 72
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	2%
Total Cholesterol 5mg	10%
Sodium 100mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Protein 5g	
Vitamin A	10%
Vitamin C	5%
Calcium	20%
Iron	45%

New Label

Nutrition Facts	
8 servings per container	
Serving size 3/32 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 1g	2%
Total Cholesterol 5mg	10%
Sodium 10mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Protein 5g	
Includes 10g Added Sugars 20%	
Vitamin D 2mg	5%
Calcium 300mg	20%
Iron 10mg	45%
Potassium 20mg	5%

- The serving size now appears in larger, bold font and some serving sizes have been updated.
- Calories are now displayed in larger, bolder font.
- Daily Values have been updated.
- Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.



Folate and Folic Acid on the Nutrition and Supplement Facts Labels

What is folate?
Folate is a B vitamin that helps your body make healthy new cells.

What foods provide folate?
Folate is naturally present in many foods, including vegetables (especially asparagus, Brussels sprouts, and dark green leafy vegetables such as spinach and mustard greens), fruits and fruit juices (especially oranges and orange juice), beef liver, nuts (such as walnuts), and beans and peas (such as black-eyed peas and kidney beans).



You also get folate by eating foods fortified with folic acid. Folic acid is a form of folate that can be added to foods during the manufacturing process. Foods that are fortified with folic acid include enriched breads, flour, pasta, rice, and cornmeal; fortified corn masa flour (used to make corn tortillas and tamales); for cereals; and certain fortified breakfast cereals. Folic acid is also found in certain dietary supplements.

How much folate do I need?
The amount of folate you need depends on your age, but most adults can rely on the Daily Value (DV) to find out how much folate to consume. The Daily Value (DV) for folate is 400 micrograms (mcg) for men, women, and pregnant women or not to exceed each day. For folate, the DV is based on a diet that includes 200-300 mcg of folate from natural food sources.



Added Sugars: Now Listed on the Nutrition Facts Label

Information about added sugars is now required on the Nutrition Facts label. Along with all information on the Nutrition Facts label, the amount of added sugars is important to consider when choosing foods and beverages.

What are Added Sugars and How are they Different from Total Sugars?

Total sugars include sugars naturally present in many nutritious foods and beverages, such as sugar in milk and fruits as well as any added sugars that may be present in the product. There is no Daily Value* for total sugars because a recommendation has not been made for the total amount to eat in a day.

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. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables. The Daily Value for added sugars is 50 grams per day based on a 2,000-calorie diet.

For most consumers, the main sources of added sugars are sugar-sweetened beverages, baked goods, desserts, and sweets.

The Daily Value is reference amount in grams, milligrams, or micrograms of nutrients to consume or not to exceed each day.



The Lows and Highs of Percent Daily Value

Percent Daily Value Explained

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. The %DV can help you determine if a serving of food is high or low in a nutrient.

The Daily Value are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. The Daily Values have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label.

Use Percent Daily Value to Make Informed Choices

- Some serving sizes have changed on the new Nutrition Facts label. By law, serving sizes must be based on the amount of food people typically consume, rather than how much they should consume. Serving sizes have been updated to reflect the amount people typically eat and drink today. For example, based on the review of relevant information such as nationwide surveys of the amounts of foods Americans eat, the serving size for whole milk has changed from 8 ounces to 12 ounces.
- Manage Dietary Trade-Offs. You don't have to give up a favorite food to have a healthy diet. Use %DV to make dietary trade-offs with other foods throughout the day. When a food you like is high in a nutrient you want to get less of—or low in a nutrient you want to get more of—you can balance it with foods that are low (or high) in that nutrient at other times of the day.



Get the Facts on Serving Size

Start With Serving Information

First, look at the serving size and the number of servings per container, which are at the top of the label. The serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or pie), followed by the metric amount in grams (g).

The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

Understand Serving Sizes

Some serving sizes have changed on the new Nutrition Facts label. By law, serving sizes must be based on the amount of food people typically consume, rather than how much they should consume. Serving sizes have been updated to reflect the amount people typically eat and drink today. For example, based on the review of relevant information such as nationwide surveys of the amounts of foods Americans eat, the serving size for whole milk has changed from 8 ounces to 12 ounces.

- Here are a few other things about serving sizes to keep in mind:
 - The serving size is not a recommendation of how much to eat or drink.
 - One package of food may contain more than one serving.
 - Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing the information for the entire package. Packages with "dual-column" labels tell you how many calories and nutrients you're getting if you eat or drink the entire package at one time.



Using the Nutrition Facts Label and MyPlate to Make Healthier Choices

The Nutrition Facts label's refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Using the Nutrition Facts label together with MyPlate can help you be healthier now and in the future. After all, what you eat and drink over time matters.



Calories: What's in a Number?

New Nutrition Facts Label

What Are Calories?

Calories refer to the total number of calories, or "energy" you get from all sources (macronutrients, fat, protein, and alcohol) in a serving of a food or beverage.

Calories Go Big

Calories are now displayed in larger and bolder font on the new Nutrition Facts label to make the information easier to find and use.

Make Calories Work For You

To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories you burn through physical activity. Eating too many calories per day is linked to overweight and obesity. Find out how many calories you need at www.choosemyplate.gov/nutritionfacts/myplate.



Daily Value and Percent Daily Value: Changes on the New Nutrition and Supplement Facts Labels

The Nutrition and Supplement Facts labels on packaged foods and dietary supplements have been updated to make it easier for you to make informed choices. Read on to find out what's new with the Daily Value and % Daily Value. For a complete list of the Daily Values for all nutrients, check out the Reference Guide below.

Daily Value vs. % Daily Value

First, let's look at how Daily Value (DV) and Percent Daily Value (%DV) work together. DVs are the recommended amounts of nutrients to consume or not to exceed each day. The %DV shows how much a nutrient in a single serving of an individual packaged food or dietary supplement contributes to your daily diet. For example, if the %DV for a certain nutrient is 20%, that means one serving of the packaged food or dietary supplement has 20% of your DV. If you eat one serving of the product, you would have met 20% of your need for that nutrient in a day and could consume other foods or supplements to get the other 80%.

Daily Value Updates May Affect % Daily Value

The DVs for many nutrients have been updated based on new nutrition research. So, the %DV may be different on some of your favorite products or supplements. As a result, you may need to consume more or less of certain foods or supplements to meet the DV or the recommended amounts.



www.FDA.gov/NewNutritionFactsLabel

Nutrition Facts

1 serving per container
Serving size 3oz (85g - 1/3 cup)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	16%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	

Nutrition Facts

Serving size 1/2 cup (128g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 3g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0g	20%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	7%
Total Sugars 0g	
Added Sugars 0g	8%
	0%
	2%

Resources

- A Food Labeling Guide (<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>)
- Changes to the Nutrition Facts Label (<https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>)
- Changes to the Nutrition Facts Label (Spanish) (<https://www.fda.gov/food/new-nutrition-facts-label/la-nueva-etiqueta-de-informacion-nutricional>)
- CFSAN Education Resource Library (<https://www.fda.gov/food/resources-you-food/cfsan-education-resource-library>)
- Food and Cosmetics Information Center (FCIC) (<https://www.fda.gov/food/resources-you-food/industry-and-consumer-assistance-cfsan>)



Contact CFSAN:

1-888-SAFEFOOD (1-888-723-3366) or
cfsan.fda.gov/InquiryPage

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www.fda.gov/nutritioneducation

Questions and Discussion

