

# NUTRITION FACTS

A new update is coming to processed foods near you!

## Additional Changes:

The new label will highlight **calories and serving size** in a more obvious way than the original label.

In addition, serving size is required to be a **closer reflection of typical servings** eaten by Americans, in order to provide a more realistic indication of the calorie impact of the food. There will also be **"dual column" elements** of this label so that information can be listed both by serving and by package.

Another addition to this version of the label is a list of the grams and percent daily value (% DV) for **added sugars**. Most people need to reduce their added sugar consumption, limiting it to 10% of their daily calories. With this update to the label, that will be easier to do.

## Here's What's New:

The latest version of this food label will include **new daily values for dietary fiber, sodium, and vitamin D**. This update will bring those numbers to the new standards set forward by the IOM and the Dietary Guidelines for Americans.

The new label will also feature **actual grams of vitamin D and potassium**, in addition to their % DV. According to a press release from the FDA, "The % DV for calcium and iron will continue to be required, along with the actual gram amount. Vitamins A and C will no longer be required because deficiencies of these vitamins are rare, but these nutrients can be included on a voluntary basis."

Servings:  
larger,  
bolder type

New:  
added sugars

Change  
in nutrients  
required

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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.

Serving sizes  
updated

Calories:  
larger type

Updated  
daily  
values

Actual  
amounts  
declared

New  
footnote