# The New and Improved Nutrition Facts Label – Key Changes

In 2020, the U.S. Food and Drug Administration finalized a new Nutrition Facts label for packaged foods that made 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 are in large and/or bold font. Serving sizes were updated to better reflect the amount people typically eat and drink.

There were 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 in large and bold font.

3 **Fat:** "Calories from Fat" was 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 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.

Original 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 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 |

Current 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.

5 **Nutrients:** The lists of nutrients that are required or permitted on the label were updated. Vitamin D and potassium are 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. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The Daily Values for nutrients were also updated based on newer scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day and are used to calculate the %DV.

6 **Footnote:** The footnote at the bottom of the label was changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

**Nutrition Facts Label**
*What's in it for you?*

**Learn more about the Nutrition Facts label at:**
**www.FDA.gov/NutritionFactsLabel**

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