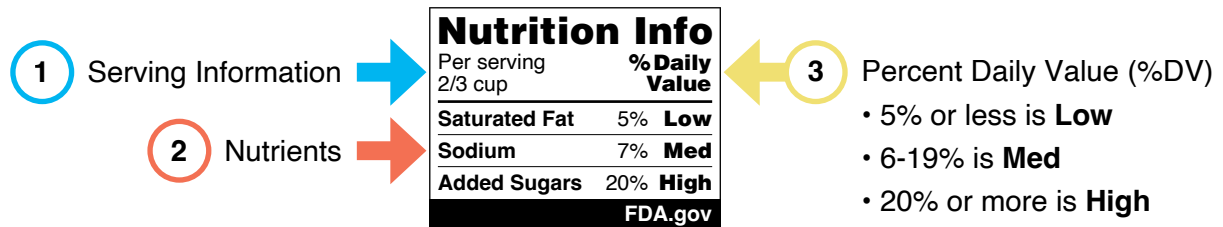


# Learn More About the Proposed Nutrition Info Box

The U.S. Food and Drug Administration (FDA) is proposing to require a front-of-package (FOP) nutrition label on most packaged foods to provide accessible, at-a-glance information to help consumers quickly and easily identify how foods can be part of a healthy diet. Learn more about the proposed Nutrition Info box.

## Proposed Design



### 1. Serving Information

The serving size information is based on the amount of food that is usually eaten at one time and is not a recommendation of how much to eat or drink at one time.

### 2. Nutrients

The Nutrition Info box shows some key nutrients to limit (saturated fat, sodium, and added sugars).

### 3. Percent Daily Value (%DV)

The %DV shows how much a nutrient in a serving of a food contributes to a total daily diet.

“Low,” “Med,” or “High” to the right of the %DV lets you know whether the amount of each nutrient per serving is low, medium, or high.

- 5% DV or less is **Low**
- 6% to 19% DV is **Med**
- 20% DV or more is **High**



Proposed FOP nutrition label on mockup packaging.

## FDA Wants to Hear From You!

Submit your comments on the proposed design. Comments on the proposed rule can be submitted electronically to <http://www.regulations.gov> by the closing date, which can be found in docket number FDA-2024-N-2910. All written comments should be identified with the docket number and the title "Food Labeling: Front-of-Package Nutrition Information."