

# WHAT'S CHANGED: COMPARING THE CURRENT AND NEW NUTRITION FACTS PANEL

## CURRENT

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
<b>Calories</b> 230		Calories from Fat 72	
		% Daily Value*	
<b>Total Fat</b> 8g		<b>12%</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>12%</b>	
Dietary Fiber 4g		<b>16%</b>	
Sugars 1g			
<b>Protein</b> 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

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 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

The type size for "Calories" and its numeric amount, "Servings Per Container" and "Serving Size" were increased. "Calories from Fat" was removed.

The % Daily Values were updated based on new scientific evidence.

"Sugars" will be listed as "Total Sugars." "Added Sugars" will now be called out and will include gram amounts and % Daily Value.

Vitamin D and Potassium will replace Vitamins A and C as required vitamins and minerals that will need to be listed in the Nutrition Facts panel whether or not they are in the product.†

Actual gram amounts will now be declared for all vitamins and minerals.

The definition for % Daily Value was expanded in the product label's footnote.

■ Applies to food labels only

■ Applies to food and dietary supplement labels

† The required vitamins and minerals must be listed on the label, even when they are not contained within the product, in which case, they must be listed as 0 grams and 0% Daily Value.