

# What's New on the Nutrition Facts Label?

Circle or highlight what is DIFFERENT.

## 1. Servings

Standard serving sizes have increased to reflect what people actually eat and are in large, bold type. Single serve packaging now reflects 1 serving as the entire container.

## 2. Calories

"Calories" is now larger and bolder.

## 3. Fats

"Calories from Fat" has been removed. Research shows that the type of fat is more important than the amount.

<b>Nutrition Facts</b>	
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 12g	
<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

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8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
Amount per serving	
<b>Calories</b> 230	
% Daily Value*	
<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	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
<b>Potassium</b> 235mg	<b>6%</b>
* 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.	

## 4. Added Sugars

"Added Sugars" is new. It is represented in grams as well as % DV. These are sugars added during the processing or packaging of the food. Sugar, syrup, honey, sugars from concentrated juices, etc.

## 5. Nutrients

Vitamin D and potassium are now required. Vitamins A and C are not. The amount in milligrams or micrograms is included. Daily values for nutrients have been updated according to latest science.

## 6. Footnote

The footnote at the bottom of the label has changed to explain the meaning of %DV in the context of a total daily diet.