

# NEW FDA NUTRITION LABELS

## What is changing?



Refreshed design with clear information



Updated nutrition information based on new scientific evidence



New dietary recommendations and serving size updates

## LEARN HOW TO COMPLY WITH THE NEW FDA REGULATION

Download our Brief Guide

Font sizes increased and text bolded

More realistic values for serving size

Daily values for nutrients updated based on newer scientific evidence

Required information about Fat

Required information about Vitamin D, Potassium, Calcium, Iron and the actual amount in addition to % daily value

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vit. D 2mcg 10% • Calcium 260mg 20%	
Iron 8mg 45% • Potas. 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.	

Mandatory footnote text

Grams and % Daily Value for Added Sugars

Download our **Brief Guide to the FDA Nutrition Labels** ebook and learn how to comply with the regulation in 4 easy steps!

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