A Brief Guide to the FDA Nutrition Facts Label Changes
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Introduction
Helping customers make healthier choices.

The FDA announced the new nutrition facts label for packaged foods on May 20, 2016. The purpose of the new changes is to update the label information and add more declarations to help consumers make better choices.

All changes are based on scientific evidence from the Institute of Medicine and the 2015 Dietary Guidelines Advisory Committee Report, which was used in developing the 2015-2020 Dietary Guidelines for Americans.

In this e-book, you will find:

- What these changes mean for you
- What you will have to do to comply
- The easiest way to comply
FDA Label Changes FAQ

**FDA Nutrition Facts Label info:**
- Changes announced on May 20, 2016
- Compliance date is January 1, 2020
- Manufacturers with less than $10 million in annual food sales will have an extra year to comply

**Who will be affected?**
All food manufacturers producing or selling in the United States, and all foods imported to the United States.

**What is the goal?**
- Refreshed design with clearer information
- Updated nutrition information based on new scientific evidence
- New dietary recommendations and serving size updates

**What will you have to do?**
- Revise the new information and recommendations
- Recalculate new daily percentage values
- Apply the changes to all your labeling by the compliance date
11 Label Changes

Ensuring product information is consistent throughout the supply chain
Design Changes
Ensuring consumers make informed decisions about the foods they eat.

The overall label design stays the same, with a few changes to make information clearer. The most important declarations are now highlighted in a larger font size and/or bolded text.

**Increased font size**
*Calories* will be in a type size no smaller than 16 point, while the number of calories should be no smaller than 22 point. *Servings per container* will be in a type size no smaller than 10 point, and *Serving size* will be in a type size no smaller than 10 point. An exception to this rule is made for small and intermediate sized packages.

**Bolded text**
The number of calories and the *serving size* declaration are printed in bolded text.
Design Changes
Ensuring consumers make informed decisions about the foods they eat.

Additional information about vitamins and minerals is required to give customers better insight. The percent value definition in the footnote has been rephrased to give customers a clear idea of what it means and give daily nutrition guidelines.

Actual micronutrient amounts
In addition to daily value percentage, manufacturers now must declare the amount of vitamin D, calcium, iron, and potassium in milligrams or micrograms on the label. The actual amount in grams for other vitamins is not required, but can be added voluntarily.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D</td>
<td>2mcg</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium</td>
<td>260mg</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>8mg</td>
<td>45%</td>
</tr>
<tr>
<td>Potassium</td>
<td>235mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

* 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.

New Footnote
The footnote text is changed to better explain what percent daily value is. New footnote reads: “The % Daily Value 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.”
Updated nutrition science information
Based on the 2015-2020 Dietary Guidelines for Americans.

The previous label design was over 20 years old, and new research has shown some of its information as obsolete or inaccurate. New declarations and vitamin requirements aim to lower the risk of chronic diseases linked to poor dietary choices like obesity and heart disease.

**New Added Sugars declaration**
Added sugars is added to the label, including both the amount in grams and the percent daily value.

**New vitamin requirements**
Vitamin D and potassium are now required on the label, along with calcium and iron that were required before. Vitamins A and C are no longer required, but can be added on a voluntary basis.

<table>
<thead>
<tr>
<th>Total Carbohydrate</th>
<th>37g</th>
<th>13%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber 4g</td>
<td></td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
<td></td>
</tr>
</tbody>
</table>

| Vitamin D 2mcg | 10% |
| Calcium 260mg  | 20% |
| Iron 8mg       | 45% |
| Potassium 235mg| 6%  |
Updated nutrition science information
Based on the 2015-2020 Dietary Guidelines for Americans.

The previous label design was over 20 years old, and new research has shown some of its information as obsolete or inaccurate. New declarations and vitamin requirements aim to lower the risk of chronic diseases linked to poor dietary choices like obesity and heart disease.

Fat declaration changes
*Calories from fat* is removed from the label. *Total fat, saturated fat, and trans fat* declarations are still required.

Updated nutrient daily values
Daily values for nutrients like sodium, dietary fiber, and vitamin D are being updated based on new scientific evidence.
Serving size and package sizes updates

Changed to present more realistic values.

Serving size requirements haven’t changed since 1993. By law, serving sizes must represent the amount of food and beverages people actually consume. Some serving sizes will increase, like one serving of soda changing from eight to 12 ounces, but some will decrease, like one serving of yogurt changing from eight to six ounces.

More realistic serving sizes
Serving sizes will be changed to represent more realistic values - the amounts of food people are actually eating, not how much they should be eating. For example, the reference for one serving of soda will change from eight to 12 ounces.

New servings rules
For packages that are between one and two servings, the calories and nutrients will be labeled as one serving. For example, a 20-ounce soda will now be labeled as one serving.
Serving size and package size updates
Changed to present more realistic values.

Dual column labels
Where packages are larger than one serving, and can be eaten in one sitting or multiple sittings, new “dual column” labels are required. These show the amount of calories and nutrients per serving and per package. For example, a pint of ice cream will now require a dual label to indicate the number of calories and nutrients on both a *per serving* and *per package/per unit* basis.
Label Change Checklist

1. Increased font size for calories, servings per container, and serving size.

2. Bolded: the number of calories and serving size.

3. Must declare the actual amount of vitamin D, calcium, iron, and potassium in addition to percent daily value.

4. New footnote: “The % Daily Value 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. Added sugars is added to the label, including the amount in grams and the percent daily value.

6. Vitamin D and potassium are now required on the label, along with calcium and iron.

7. Calories from fat declaration is removed from the label.

8. Daily values for nutrients like sodium, dietary fiber and vitamin D are updated based on new scientific evidence.

9. Serving size amounts are changed to represent more realistic values.

10. Where packages are between one and two servings, the calories and nutrients are labeled as one serving.

11. Dual column labels are required for packages that are larger than one serving and can be eaten in one sitting or multiple sittings.
Four Steps to a Better Transition

Complying with FDA rules doesn’t have to be difficult.
First things first. Before making any changes to your food labels, you need to run a complete nutritional analysis for all food products your business produces.

**Detailed nutrient data received from a laboratory or a database analysis** from a trusted source will be the primary step to guaranteeing compliance with the standards.

**We recommend checking out:**

- [www.recipal.com](http://www.recipal.com)
- [foodtestinglab.com/nutritional-analysis.htm](http://foodtestinglab.com/nutritional-analysis.htm)

A quick and simple solution would be to check out online tools where you enter your recipes and receive nutrition data.
2 Have the right tool

Storing your data is a very important step. This could be as simple as saving your data in an Excel file, and using dedicated software to store data in an organized manner.

Best practices show that data organization is very important!

- If you already have an advanced IT system in place, you will be able to store the data in a database or in a manufacturing execution system.
- If you don’t have one yet, don’t worry. There are user friendly programs packed with features that only require basic computer skills.

You can download a simple Excel sheet to store data here.
Designing labels might sound hard, but you can avoid mistakes with the right tool.

The NiceLabel Designer delivers a familiar Microsoft Word-like user experience. Check out the interface [here](#).

### Here are 2 tips to make it right:

- **Microsoft Word** is an option for basic label design. However, it isn’t really suited to design, and you risk errors on each label printing run.

- **Dedicated design software** is a better option. It will help you design labels easily using a simple interface that doesn’t require complex IT skills. This means more efficient printing with less risk of errors.
Ensure reliable printing

Labels are not designed every day but they are printed every day! Making sure the printing process is streamlined and accurate is critical.

**NiceLabel provides printing applications that increase efficiency and reduce the risk of errors.**

**Here are the main labeling priorities:**

- Minimize or eliminate manual data-entry at print time
- Prevent accidental label template changes
- Simple interface that employees without computer skills or training can use without making mistakes
How Can NiceLabel Help You?

Stay compliant with the new FDA Nutrition Facts Label changes without getting lost in the details of design and printing.

We’ve created a complete solution for managing your labels in compliance with FDA rules.

This solution includes:

- A predesigned label template that you can easily modify to suit your needs
- A predesigned label printing form so production staff can quickly print accurate labels
- A database which you can use to manage your products and nutrition data
- An easy-to-use form that allows your authorized staff to manage data

Start your free 30-day trial today!
Download now.