

Health Tip of the Month

In with the New Labels!

The FDA announced the new Nutrition Facts label for packaged foods to make it easier for us to make better informed food choices. Manufacturers have until January 2021 to comply and put these new labels on foods.

Here are changes on the new food labels:

- Servings are larger and use bold type
- Calories are put in a larger font
- Calories from fat are no longer shown
- Added sugars are now shown
- Serving sizes have been updated
- Vitamin D and Potassium are required, but Vitamin A and C are no longer required

SIDE-BY-SIDE COMPARISON

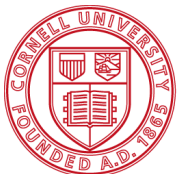
Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 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 Label

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.	

Become familiar with the new Nutrition Facts label to make healthy food choices!



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Worksite Wellness Initiative: by Kelsey Macaluso, Dietetic Intern
Queens College, 79: 05/17
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