

Nutrition Label Changes



Nutrition Facts Panel

Why did FDA change the label?

- Changes in nutrition science since NFL first developed after NLEA
- Reflect updated nutrient intake recommendations
- Updated information about consumption patterns used to set serving sizes
- Updated information about how consumers use food labels to help them make healthier choices

What are the main changes?

- Format
- Prominence of certain information
- Required information
- Updated DVs

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.	



800,000 Nutrition Facts Labels to change



\$3.5 billion cost to the industry



30,000 manufacturers affected

Cost of change is estimated up to \$15 million dollars for some dairy companies.

Nutrition Facts Guidance Documents

- Guidance documents can be found at:
<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm513734.htm>
- Added Sugars Calculation (January 2017)
 - Concentrated fruit juice, reconstituted back to single strength, does not count as added sugar
- Dietary Fiber (February 2018)
 - Criteria for health benefit, including substances in “dietary fiber” definition

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Nutrition Facts Guidance Documents

- Reference Amounts Customarily Consumed Categories (February 2018)
 - Milk, milk-based beverages: 240 mL
 - Juices, lemonade, fruit drinks: 240 mL
 - Other beverages, sweetened iced tea: 360 mL



Nutrition Facts Guidance Documents

- Micronutrient Rounding (January 2017)

Recommendations for declaration of quantitative amounts of vitamins and minerals on the Nutrition and Supplement Facts labels using RDIs for adults and children ≥ 4 years

Nutrient	Unit of Measure	RDI for Adults and Children ≥ 4 years	Recommended increment
Vitamin A	Micrograms RAE (mcg)	900	Nearest 10 mcg
Vitamin C	Milligrams (mg)	90	Nearest mg
Calcium	Milligrams (mg)	1,300	Nearest 10 mg
Iron	Milligrams (mg)	18	Nearest .1 mg
Vitamin D	Micrograms (mcg)	20	Nearest .1 mcg
Vitamin E	Milligrams (mg)	15	Nearest .1 mg
Vitamin K	Micrograms (mcg)	120	Nearest mcg
Thiamin	Milligrams (mg)	1.2	Nearest .1 mg
Riboflavin	Milligrams (mg)	1.3	Nearest .1 mg
Niacin	Milligrams NE (mg)	16	Nearest .1 mg
Vitamin B ₆	Milligrams (mg)	1.7	Nearest .1 mg
Folate	Micrograms DFE (mcg)	400	Nearest 5 mcg
Vitamin B ₁₂	Micrograms (mcg)	2.4	Nearest .1 mcg
Biotin	Micrograms (mcg)	30	Nearest mcg
Pantothenic acid	Milligrams (mg)	5	Nearest .1 mg
Phosphorous	Milligrams (mg)	1,250	Nearest 10 mg
Iodine	Micrograms (mcg)	150	Nearest mcg
Magnesium	Milligrams (mg)	420	Nearest 5 mg
Zinc	Milligrams (mg)	11	Nearest .1 mg
Selenium	Micrograms (mcg)	55	Nearest mcg
Copper	Milligrams (mg)	0.9	Nearest .1 mg
Manganese	Milligrams (mg)	2.3	Nearest .1 mg
Chromium	Micrograms (mcg)	35	Nearest mcg
Molybdenum	Micrograms (mcg)	45	Nearest mcg
Chloride	Milligrams (mg)	2,300	Nearest 10 mg
Potassium	Milligrams (mg)	4,700	Nearest 10 mg
Choline	Milligrams (mg)	550	Nearest 10 mg

Harmonize Labeling Effective Dates

Nutrition Facts Panel
Initial Compliance: July 26, 2018

GMO Disclosure
Final Rule July 29, 2018
Implementation: TBD

Nutrition Facts Label
FDA Announced Extension
Date: January 1, 2020

IDFA requesting additional time: July 26, 2020



Partially Hydrogenated Oils



Partially Hydrogenated Oils

- Revocation of GRAS status for PHOs published by FDA in June 2015
 - Compliance date: June 18, 2018
 - FDA expects all products available after this date to be free of PHOs
- Department of Defense
 - Asked for input on removing PHOs/trans fats and other ingredients from foods available in DoD facilities (November 2017)
 - Declined to take action, will coordinate with FDA/USDA in future