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June 20, 2017

FOOD LABEL FACELIFT: WHAT YOU SHOULD KNOW

By late July 2018, you'll start seeing something new on grocery store shelves—**new nutrition fact labels**. That's when all packaged foods will contain information that makes it easier to know which options are healthier than others. The labels will also explain the link between diet and health issues.

What will you be seeing on the new food labels?

- 1. A new design.** The look of the label will still be the same, but expect to see “Calories,” “servings per container,” and the “Serving size” declaration in larger, bolder type.
- 2. Actual data.** Food makers will also list facts on the [actual amount](#) of the food in a package that you'll likely be eating or drinking in one sitting, such as the calories and sugar in a full bottle of juice or a whole package of crackers.
- 3. Daily nutrient info.** Soon, the “% Daily Value” footnote will better explain what it means. You'll see how much a nutrient in a serving of food—like Vitamin D or sodium (salt) —contributes to a daily diet.
- 4. Sugar content.** New food labels will go a step further in listing sugar content of a food to include “added sugar.” This will help you know how much sugar is naturally a part of the food and how much sugar has been added during processing.
- 5. Specific nutrient info.** Vitamin D and potassium will be added to food labels because they are typically two key nutrients that many Americans lack. Calcium and iron



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"Total Fat," "Saturated Fat," and "Trans Fat."
Going away from the new label: "Calories
from Fat." You may or may not still see
Vitamins A and C on the new labels since
that information is optional.



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References:

"Changes to the Nutrition Facts Label." U.S. Food and Drug Administration, 25 April 2017. Web. 11 May 2017.

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