Final Rules to Update the Nutrition Facts Label

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Why Update the Nutrition Facts Label?

• Scientific information on diet and health has improved, including link between diet composition and risk of chronic diseases and public health.

• Amount of foods consumed have changed and FDA’s Reference Amounts Customarily Consumed, used to set serving sizes, need adjustment.

• Priorities for dietary guidance have changed, with focus shifting to calories and serving sizes as two important elements in making healthier food choices.
Regulatory Process

• Two proposed rules issued in March 2014
• Supplemental proposed rule issued in July 2015
• Two final rules published on May 27, 2016
  – Revision of the Nutrition and Supplement Facts Label
  – Revision of Serving Size Requirements
Key Information Considered

• Scientific evidence, including consensus reports
• Public comments to advance notices of proposed rulemaking
• Citizen petitions (e.g., manufacturers, advocacy groups, individuals)
• Data from National Health and Nutrition Examination Survey (NHANES)
• Findings from consumer studies
NEW LABEL / WHAT’S DIFFERENT

- Serving sizes updated
- Calories: larger type
- Updated daily values
- Actual amounts declared
- New footnote

Servings: larger, bolder type

New: added sugars

Change in nutrients required

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 250mcg 20%
Iron 3mg 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.
Dual Column Labeling

• Required on packages that can be consumed in one or multiple sittings

• Nutrition information presented per serving and per package

• For packages that contain 200% and up to and including 300% of the RACC
  – A 3oz (90g) bag of chips would be labeled per serving [1oz (30 g)] and per package [90 g]