

# 5 Examples of Changes to the Nutrition Facts Label

Many food manufacturers are required to update their labeling by January, 2020.

## Type Size for Certain Elements

On many labels, "Calories" must be bolded in 16 point type, while its value must be bolded in 22 point type.

On these labels, "Serving Size" information must also be bolded in at least 10 point type.

## Declaration for "Added Sugars"

Sugars added during food processing, sugars packaged with the intention of being added to food, and certain naturally-occurring sugars must be declared separately from "Total Sugars."

## New Footnote

% Daily Value (DV) is now defined in the footnote.

Foods intended for children aged 1 through 3 must substitute "2,000" calories with "1,000."

## Nutrition Facts

8 servings per container  
**Serving size** 2/3 cup (55g)

**Amount Per Serving**  
**Calories** 230

	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>

**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.

## Serving Sizes

FDA updated the reference amounts customarily consumed (RACCs) for certain product categories to reflect modern eating habits. RACCs are the basis for serving sizes.

Products in packages containing between 200 and 300 percent of their RACCs must display an additional column of nutrition information for the whole package.

## Nutrient Information

Quantities for vitamin D, potassium, calcium, and iron must be listed.

Quantities for these nutrients must be expressed in milligrams or micrograms.

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**Start now for a smooth transition.**

Contact Registrar Corp to update your labeling for compliance with new U.S. FDA regulations.