

# The NEW Nutrition Facts Label

Implementation Deadline: July 26, 2018\*

Old Label	Changes	New Label																																																																		
<p><b>Nutrition Facts</b> Serving Size 1 cup (245g) Servings Per Container about 1</p> <hr/> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 208      Calories from Fat 27</p> <hr/> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 3g</td> <td>5%</td> </tr> <tr> <td>  Saturated Fat 2g</td> <td>10%</td> </tr> <tr> <td>  <i>Trans</i> Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 12mg</td> <td>4%</td> </tr> <tr> <td><b>Sodium</b> 162mg</td> <td>7%</td> </tr> <tr> <td><b>Total Carbohydrate</b> 34g</td> <td>11%</td> </tr> <tr> <td>  Dietary Fiber 0g</td> <td>0%</td> </tr> <tr> <td>  Sugars 34g</td> <td></td> </tr> </tbody> </table> <hr/> <p><b>Proteins</b> 12g</p> <hr/> <p>Vitamin A 2% Vitamin C 3% Calcium 42% Iron 1%</p> <hr/> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		% Daily Value*	<b>Total Fat</b> 3g	5%	Saturated Fat 2g	10%	<i>Trans</i> Fat 0g		<b>Cholesterol</b> 12mg	4%	<b>Sodium</b> 162mg	7%	<b>Total Carbohydrate</b> 34g	11%	Dietary Fiber 0g	0%	Sugars 34g			Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated 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	<p>Serving sizes have been updated to reflect amounts people typically eat; presented in larger, bolder type.</p> <p>Calories are in larger, bolder type. Calories from fat are no longer listed.</p> <p>Percent Daily Values have been updated to reflect current research.</p> <p>For the first time, Added Sugars must be listed separately.</p> <p>Vitamins A and C have been replaced by Vitamin D and Potassium.</p> <p>The footnote was revised to better explain Percent Daily Values.</p>	<p><b>Nutrition Facts</b> 1 serving per container <b>Serving size</b> 1 cup (245g)</p> <hr/> <p><b>Amount per serving</b></p> <p><b>Calories</b> 208</p> <hr/> <table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 3g</td> <td>4%</td> </tr> <tr> <td>  Saturated Fat 2g</td> <td>10%</td> </tr> <tr> <td>  <i>Trans</i> Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 12mg</td> <td>4%</td> </tr> <tr> <td><b>Sodium</b> 162mg</td> <td>7%</td> </tr> <tr> <td><b>Total Carbohydrate</b> 34g</td> <td>12%</td> </tr> <tr> <td>  Dietary Fiber 0g</td> <td>0%</td> </tr> <tr> <td>  Total Sugars 34g</td> <td></td> </tr> <tr> <td>    Includes 17g Added Sugars</td> <td>34%</td> </tr> </tbody> </table> <hr/> <p><b>Protein</b> 12g</p> <hr/> <p>Vitamin D 0mcg 0% Calcium 419mg 32% Iron 0.2mg 1% Potassium 537mg 11%</p> <hr/> <p><small>* 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.</small></p>		% Daily Value*	<b>Total Fat</b> 3g	4%	Saturated Fat 2g	10%	<i>Trans</i> Fat 0g		<b>Cholesterol</b> 12mg	4%	<b>Sodium</b> 162mg	7%	<b>Total Carbohydrate</b> 34g	12%	Dietary Fiber 0g	0%	Total Sugars 34g		Includes 17g Added Sugars	34%
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\*Companies with annual sales less than \$10 million have an additional year.



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