



# I Spy 6 Changes in the New Food Label



**NEW LABEL / WHAT'S DIFFERENT**

**1** Servings: larger, bolder type

**2** Serving sizes updated

**3** Calories: larger type

**4** New: added sugars

**5** Change in nutrients required

**6** Updated daily values

**6** Actual amounts declared

**6** New footnote

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans 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	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 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.

Image source: <https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>

- 1 Serving Size:**  
Larger and bolder text made easy to read, and serving sizes were updated to reflect how people eat and drink
- 2 Calories:**  
Larger and bolder text made easy to read
- 3 % Daily Values:**  
Values were updated based on new scientific evidence
- 4 NEW! Added Sugars:**  
Now tells how much of the total sugar is added during processing/packaging
- 5 Nutrients Listed:**  
Potassium & Vitamin D now required, Vitamin A & C no longer required but may still appear on labels
- 6 Footnote:**  
Relocated and new, simplified definition of % Daily Value