NEW RULES FOR NUTRITION FACTS

After more than two decades of the now-familiar Nutrition Facts label, FDA has finalized new rules that affect virtually every food label.

What are the highlights of the new rules changes?

The new rules call for changes to the label format and appearance, changes to Daily Values for several key nutrients such as fat, carbohydrate, fiber and sodium, along with adjustments to serving sizes for many product categories to reflect typical consumption patterns. FDA now also requires declarations for Added Sugars, Vitamin D and Potassium as "mandatory" Nutrition Facts nutrients, while Vitamin A and Vitamin C become "voluntary" and Calories from Fat is eliminated.

When must I comply?

The earliest date for industry to begin using labels that comply with the new regulations is July 26, 2016. For companies with $10 million or more in annual food sales, 100% of inventory must comply with the new regulations within 2 years, by July 26, 2018. Companies with less than $10 million in annual food sales have an extra year to comply, with all inventory phased in by July 26, 2019. Despite these absolute compliance dates, industry may want to consider phasing in inventory sooner to ensure the most contemporary looking labels.

Where can I get the details of the new FDA rules?

Final Rule for Revision of the Nutrition Facts & Supplement Facts Labels (259 pages)
Final Rule for Serving Sizes and Dual Declaration Labeling Requirements (48 pages)
FDA's At-a-Glance Graphic for What's New (1 page)

What are the graphic requirements for the new Nutrition Facts label?

Here is a side-by-side comparison showing original rules vs. new 2016 rules:

Original

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

New 2016

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 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.

Will these changes affect food labels in Canada and Mexico as well?

Each country will continue to be responsible for issuing and enforcing its own food label regulations. Health Canada has issued proposed changes to its Nutrition Facts Table and List of Ingredients. While there are several similarities between the Canadian proposal and the new rules in the U.S., there are also many differences, which reinforce the need for careful attention to understand the nuances. Food label regulations for Mexico were last modified in August 2014.