

# FDA to revise nutrition facts label

January 23 2014, by Mary Clare Jalonick

Servings Per Container		Children Under 4 - 20g	
	Cheerios	with 1/2 cup skim milk	Cereal for Children under 4
Amount Per Serving	100	150	80
Calories	15	20	10
Calories from Fat			
		% Daily Value**	
<b>Total Fat</b> 2g*		3%	1.5g
Saturated Fat 0.5g		3%	0g
Trans Fat 0g		3%	0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
<b>Cholesterol</b> 0mg		0%	0mg
<b>Sodium</b> 140mg		6%	100mg
<b>Potassium</b> 180mg		5%	130mg
<b>Total Carbohydrate</b> 20g		7%	10g
Dietary Fiber 3g		11%	10g
Soluble Fiber 1g			10g
Sugars 1g			10g
Other Carbohydrate 16g			10g
<b>Protein</b> 3g			10g

The nutrition facts label on the side of a cereal box is photographed in Washington, Thursday, Jan. 23, 2014. Nutrition labels on the back of food packages may soon become easier to read. The Food and Drug Administration (FDA) says knowledge about nutrition has evolved over the last 20 years, and the labels need to reflect that. (AP Photo/J. David Ake)

Those nutrition labels on the back of food packages may soon become easier to read.

The Food and Drug Administration says knowledge about nutrition has

evolved over the last 20 years, and the labels need to reflect that.

As the agency considers revisions, nutritionists and other [health experts](#) have their own wish list of changes.

They say the number of calories should be more prominent, and the amount of added sugar and percentage of whole wheat in the food should be included. They want more clarity on how serving sizes are defined.

Michael Jacobson of the Center for Science in the Public Interest says there's a feeling that the labels haven't been as effective as they could have been.

FDA would not say when a revised label would be released.

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