

# How to read the new nutrition facts label

January 3 2020, by From Mayo Clinic News Network

---



Credit: CC0 Public Domain

The Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages to reflect new scientific information, including the link between diet and chronic diseases. Manufacturers with \$10 million or more in annual sales were required to switch to the new label by Jan. 1, 2020. Here, Angie Murad, a wellness dietitian with the

Mayo Clinic Healthy Living Program, explains some of the key changes.

The new design of the Nutrition Facts label is meant to make it easier for consumers to make informed [food](#) choices. One of the most noticeable changes is the calories are now in a larger, bolder type.

"That can be helpful when you're trying to identify how many calories are in a product," Murad explains.

When comparing calories and nutrients in different foods, you should check the serving size. However, since how much people eat and drink has changed over the years, the food serving sizes are getting a reality check on the new labels.

"It may not be an example of what one serving is, but it may be more realistic of what someone really is eating so they can pinpoint exactly how many calories something has," says Murad.

The new labels are now required to include vitamin D, potassium and added sugars. When making healthy [food choices](#), Murad says to look at the calories.

"They should look at added sugars. You want to be looking for things that have [unsaturated fats](#) and staying away from things that have high saturated fats."

©2020 Mayo Foundation for Medical Education and Research  
Distributed by Tribune Content Agency, LLC.

Citation: How to read the new nutrition facts label (2020, January 3) retrieved 4 June 2024 from <https://medicalxpress.com/news/2020-01-nutrition-facts.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private

study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.