

How to understand new food labels

March 11 2020

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.	

(HealthDay)—Understanding the updated Nutrition Facts Label can help you get the most from it, according to the Academy of Nutrition and Dietetics.

The U.S. Food and Drug Administration announced the update in 2016. The new labels must appear on all [food items](#) by Jan. 1, 2021. Many companies already use the updated label, which is based on the latest information about links between [nutrition](#) and chronic diseases such as obesity and heart disease.

"Nutrition Facts Labels help you find out which foods are good sources of particular nutrients such as vitamin D or [dietary fiber](#)," said registered dietitian nutritionist Lauri Wright, an academy spokeswoman.

"Nutrition Facts Labels can help you compare similar foods so you can select those lower in salt, saturated fat, trans fat and added sugars," she said in an academy news release.

Here, Wright offers advice on using the updated label.

Serving sizes have been updated to reflect what people now typically consume at one time, and the servings per container show the [total number](#) in the entire package. When comparing foods or drinks, check the calories, nutrients and serving size to make an accurate comparison.

"Consider the amount you typically eat or drink and compare it to the serving size listed on the label," Wright said. "If what you typically eat is larger than the listed serving size, you will consume more calories, fat and other nutrients listed on the [label](#)."

The Percent Daily Values help you gauge how a [food](#) fits into your daily eating plan, not just one meal or snack. It shows how much of a nutrient is contained in one serving and in relation to a general guide of 2,000 calories per day.

"Caloric needs vary depending on a person's sex, age, height, weight and physical activity levels," Wright said. "Consider consulting a registered

dietitian nutritionist to help you determine the number of calories your body needs."

She recommends foods in which Percent Daily Values are 5% or lower in saturated fat, sodium and added sugars and 20% or higher in vitamins, minerals and dietary fiber.

More information: The U.S. National Library of Medicine has more on [food labeling](#).

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Citation: How to understand new food labels (2020, March 11) retrieved 6 May 2024 from <https://medicalxpress.com/news/2020-03-food.html>

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