The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1 **Servings:** The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder font. Serving sizes have been updated to better reflect the amount people typically eat and drink. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2 **Calories:** "Calories" is now larger and bolder.

3 **Fat:** "Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

4 **Added Sugars:** "Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5 **Nutrients:** The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The Daily Values for nutrients have also been updated based on newer scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day and are used to calculate the %DV.

6 **Footnote:** The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Original Label

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

Amount Per Serving

Calories 230	Calories from Fat 72
	% 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 Label

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)** — 1

Amount per serving
Calories **230** — 2

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%** — 3
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%** — 4
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45% — 5
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. — 6

The New **Nutrition Facts Label** *What's in it for you?*

Learn more about the new Nutrition Facts label at:
www.FDA.gov/NewNutritionFactsLabel

March 2020

U.S. FOOD & DRUG ADMINISTRATION

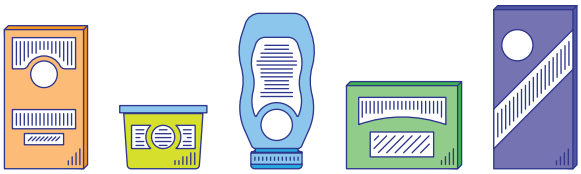
Using the Nutrition Facts Label:

FOR OLDER ADULTS

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the **Nutrition Facts label** and you can find it on packaged foods and beverages. Read this booklet to learn how to use the Nutrition Facts label.

UNDERSTANDING THE NUTRITION FACTS LABEL



Servings Per Container

Calories

Serving Size

% Daily Value (%DV)

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

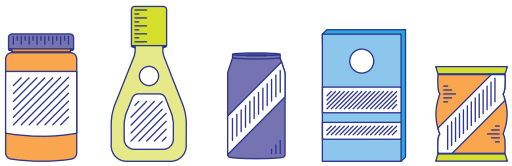
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 430mg	**19%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

UNDERSTANDING THE NUTRITION FACTS LABEL

The following key terms are intended to make it easier for you to use the Nutrition Facts labels to make informed food choices.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.



Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.

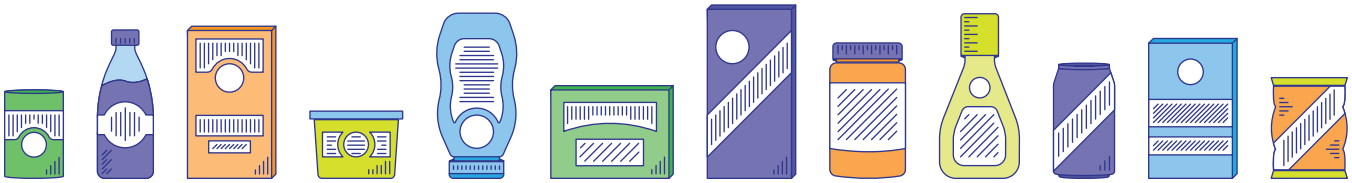
2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at **www.ChooseMyPlate.gov/MyPlatePlan**.

UNDERSTANDING THE NUTRITION FACTS LABEL

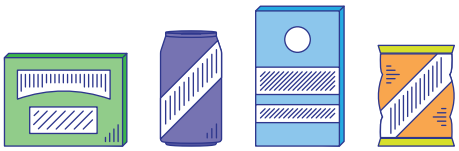
% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

Use the %DV to determine if a serving of the food is high or low in an individual nutrient. You can also use the %DV to compare food products (make sure the serving size is the same). For example, if you eat one serving of a food and it provides 10% DV of dietary fiber, then for that day, you have eaten 10% of your dietary fiber daily goal.

As a general guide:	**5% DV or less** of a nutrient per serving is considered **low**	**20% DV** or more of a nutrient per serving is considered **high**



NUTRIENTS AND YOUR NEEDS



Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

This booklet gives some basic facts about the nutrients commonly seen on the Nutrition Facts label. Use this booklet to help you talk to your healthcare provider about which nutrients you should track closely for your overall health. Visit **www.ChooseMyPlate.gov** for more information on making healthy food choices.

More often, look for packaged foods that are:

Higher in dietary fiber, vitamin D, calcium, and potassium.	**Lower** in saturated fat, sodium, and added sugars.

GET MORE OF THESE NUTRIENTS:
Dietary Fiber, Vitamin D, Calcium, and Potassium

Many older adults do not get the recommended amount of these nutrients. More often, compare and choose foods to get more of these nutrients on most days.

Dietary fiber is a type of carbohydrate that cannot be easily digested. It can speed up the movement of food and waste through the body increasing the frequency of bowel movements. Diets higher in dietary fiber may reduce the risk of developing cardiovascular disease.

The Daily Value for dietary fiber is 28 grams (g) per day.*

Calcium is a mineral that is important for bone health. It also helps with muscle and nerve function, blood clotting, and hormone secretion. Diets higher in calcium can reduce the risk of developing osteoporosis (weak and brittle bones).

The Daily Value for calcium is 1,300 milligrams (mg) per day.*

Vitamin D helps your body absorb calcium and is important for bone health. It also plays a role in blood pressure management, hormone production, and immune and nervous system function. Diets higher in vitamin D can reduce the risk of developing osteoporosis (weak and brittle bones).

The Daily Value for vitamin D is 20 micrograms (mcg) per day.*

Potassium is a mineral that helps with fluid balance and heart, muscle, and nervous system function.

The Daily Value for potassium is 4,700 mg per day.*

**Based on a 2,000-calorie daily diet.*

GET LESS OF THESE NUTRIENTS:
Saturated Fat, Sodium, and Added Sugars

Most older adults get too much of these nutrients. More often, compare and choose foods to get less of these nutrients each day.

Saturated fat is found in higher amounts in animal products. An exception is seafood, which is generally low in saturated fat. Unsaturated fats are found in higher amounts in plant-based oils (e.g., canola and olive oils), nuts, seeds, and seafood. Diets in which unsaturated fats are eaten in place of saturated fats and within the recommended daily limits for calories, are associated with a reduced risk of developing cardiovascular disease.

The Daily Value for saturated fat is less than 20 g per day.*

Sodium is a mineral and is commonly found in table salt and in many commercially processed, packaged and prepared foods. The body needs sodium in relatively small amounts. Sodium is important for fluid balance as well as muscle and nervous system function. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Since blood pressure often rises with age, limiting your sodium intake becomes even more important each year.

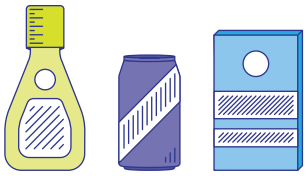
The Daily Value for sodium is less than 2,300 mg per day.*

Added sugars includes sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Diets high in calories from added sugars can make it harder to meet nutrient needs while staying within calorie limits.

The Daily Value for Added Sugars is less than 50 g per day.*

**Based on a 2,000-calorie daily diet.*

USE THE NUTRITION FACTS LABEL TO MAKE HEALTHY CHOICES: 3 TIPS



Check the Servings.

1

The nutrition information listed on the label is usually based on one serving of the food. When comparing calories and nutrients in different foods, check the serving size to make a correct comparison.

And remember, it is common for a food package or beverage to have more than one serving.

Know Your Calorie Needs.

2

2,000 calories a day is used as a general guide for nutrition advice. However, your calorie needs may be higher or lower and depend on your age, sex, height, weight, and the amount of physical activity you get each day. Talk to your healthcare provider about your calorie and nutrition needs, as you age.

Visit **www.ChooseMyPlate.gov/MyPlatePlan** and talk to your healthcare provider to see what calorie range is right for you.

Use % Daily Value as a Guide.

3

The %DV can help you look for foods to decide which is the better choice for you.

Older adults should more often look for foods with a higher %DV of dietary fiber, vitamin D, calcium, and potassium. Older adults should also more often look for foods with a lower %DV of saturated fat, sodium, and added sugars. Talk to your healthcare provider about which nutrients you should track closely for your overall health.

To learn more about the Nutrition Facts label, go to: www.fda.gov/nutritioneducation

For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition's Food and Cosmetic Information Center at 1-800-SAFEFOOD (toll free), Monday through Friday 10 AM to 4PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays).

Get the Facts on Serving Size

Start With Serving Information

First, look at the serving size and the number of servings per container, which are at the top of the label. The serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).

The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

Sample Label for Frozen Lasagna

Nutrition Facts

4 servings per container
Serving size **1 cup (227g)**

Amount per serving	
Calories	**280**
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 850mg	**37%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

Understand Serving Sizes

Some serving sizes have changed on the new Nutrition Facts label. By law, serving sizes must be based on the amount of food people typically consume, rather than how much they *should* consume. Serving sizes have been updated to reflect the amount people typically eat and drink today. For example, based on the review of relevant information such as nationwide surveys of the amounts of foods Americans eat, the serving size for soda has changed from 8 ounces to 12 ounces.

Here are a few other things about serving sizes to keep in mind:

- The serving size is not a recommendation of how much to eat or drink.
- One package of food may contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package. Packages with “dual-column” labels let you know how many calories and nutrients you are getting if you eat or drink the entire package at one time.

The New **Nutrition Facts Label** *What’s in it for you?*

Putting Serving Sizes Into Action

In the example below, one serving of lasagna is one cup. If you ate two cups, you would be consuming two servings and two times the calories and nutrients shown on the Nutrition Facts label. Pay attention to the serving size, especially how many servings there are in the food package. Then you might ask yourself, "How many servings am I eating or drinking?"

	One Serving of Lasagna	%DV	Two Servings of Lasagna	%DV
Serving Size	**1 cup (227g)**	**—**	**2 cups (454g)**	**—**
Calories	**280**	**—**	**560**	**—**
Total Fat	9g	12%	18g	24%
Saturated Fat	4.5g	23%	9g	46%
Trans Fat	0g	—	0g	—
Cholesterol	35mg	12%	70mg	24%
Sodium	850mg	37%	1700mg	74%
Total Carbohydrate	34g	12%	68g	24%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	6g	—	12g	—
Added Sugars	0g	0%	0g	0%
Protein	15g	—	30g	—
Vitamin D	0mcg	0%	0mcg	0%
Calcium	320mg	25%	640mg	50%
Iron	1.6mg	8%	3.2mg	20%
Potassium	510mg	10%	1020mg	20%

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

Obtenga información sobre el tamaño de la porción

Comience con la información sobre porciones

Primero, observe el tamaño de la porción y la cantidad de porciones por recipiente que se encuentran en la parte superior de la etiqueta. El tamaño de la porción se muestra como una medida común del hogar que es apropiada para el alimento (como una taza, una cucharada, un trozo, una rodaja o un frasco), seguido de la cantidad métrica en gramos (g).

La información nutricional que aparece en la etiqueta de información nutricional generalmente se basa en una sola porción del alimento. Sin embargo, algunos recipientes también pueden tener información nutricional por envase.

Etiqueta de muestra para lasaña congelada

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 850mg	**37%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

Comprenda los tamaños de las porciones

Algunos tamaños de porciones han cambiado en la nueva etiqueta de información nutricional. Por ley, el tamaño de las porciones debe basarse en la cantidad de alimentos que las personas suelen consumir, y no en la cantidad que *deben* consumir. Los tamaños de las porciones en la etiqueta de información nutricional se han actualizado para reflejar mejor la cantidad que las personas suelen comer y beber. Por ejemplo, según la revisión de información relevante, como encuestas a nivel nacional de las cantidades de alimentos que comen los estadounidenses, el tamaño de la porción de refresco ha cambiado de 8 onzas a 12 onzas.

A continuación, se presentan más datos sobre los tamaños de las porciones para tener en cuenta:

- El tamaño de la porción no es una recomendación de cuánto comer.
- Un envase de alimento puede contener más de una porción.
- Algunos recipientes también pueden tener una etiqueta con dos columnas: una columna que muestra la cantidad de calorías y nutrientes en una porción y la otra columna que muestra esta información para todo el envase. Los envases con etiquetas de "columna doble" le permiten saber cuántas calorías y nutrientes está obteniendo si come o bebe todo el paquete de una vez.

The New **Nutrition Facts Label** *What's in it for you?*

Poner los tamaños de las porción en acción

En el siguiente ejemplo, una porción de lasaña es una taza. Si comió dos tazas, consumiría dos porciones y dos veces las calorías y nutrientes que se muestran en la etiqueta de información nutricional. Preste atención al tamaño de la porción, especialmente a cuántas porciones hay en el envase del alimento. Entonces podría preguntarse: "¿Cuántas porciones estoy comiendo o bebiendo?"

	Una porción de lasaña	**%DV**	**Dos porciones de lasaña**	**%DV**
Tamaño de la porción	**1 taza (227g)**	**—**	**2 tazas (454g)**	**—**
Calorías	**280**	**—**	**560**	**—**
Grasa total	9g	12%	18g	24%
Grasas saturadas	4.5g	23%	9g	46%
Grasas *trans*	0g	—	0g	—
Colesterol	35mg	12%	70mg	24%
Sodio	850mg	37%	1700mg	74%
Carbohidratos totales	34g	12%	68g	24%
Fibra dietética	4g	14%	8g	29%
Azúcares totales	6g	—	12g	—
Azúcares añadidas	0g	0%	0g	0%
Proteína	15g	—	30g	—
Vitamina D	0mcg	0%	0mcg	0%
Calcio	320mg	25%	640mg	50%
Hierro	1.6mg	8%	3.2mg	20%
Potasio	510mg	10%	1020mg	20%

Obtenga más información sobre la nueva etiqueta de información nutricional en:

www.FDA.gov/NewNutritionFactsLabel

Los mínimos y máximos del porcentaje de Valor Diario

El porcentaje de Valor Diario explicado

El porcentaje de Valor Diario (% VD) muestra cuánto contribuye un nutriente en una porción de alimentos a una dieta diaria total. **El % VD puede ayudarlo a determinar si una porción de comida es alta o baja en nutrientes.**

Los Valores Diarios son cantidades de referencia (en gramos, miligramos o microgramos) de nutrientes para consumir o no exceder cada día. **Los Valores Diarios se han actualizado, lo que puede aumentar o disminuir el porcentaje de Valor Diario en la nueva etiqueta de información nutricional.**

Nutrition Facts

4 servings per container

Serving size **1 cup (227g)**

Amount per serving

Calories **280**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 850mg	**37%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

% de Valor Diario

Utilice el porcentaje de Valor Diario para tomar decisiones informadas

El % VD puede ayudarlo a tomar decisiones informadas sobre lo que come y bebe.

- **Compare Alimentos:** el % VD le facilita hacer las comparaciones. Solo asegúrese de que los tamaños de las porciones de cada producto sean iguales. Revise el % VD de los diferentes nutrientes y elija más a menudo los alimentos que contengan los nutrientes que desea obtener y menos de los nutrientes que quiera limitar.
- **Controle los intercambios dietéticos:** No tiene que renunciar a su comida favorita para tener una dieta saludable. Use el % VD para hacer intercambios dietéticos con otros alimentos durante el día. Cuando un alimento que le gusta tiene un alto contenido de nutrientes de los que desea obtener menos, o un bajo contenido de nutrientes del cual desea obtener más, puede equilibrarlo con alimentos que sean bajos (o altos) en ese nutriente en otros momentos del día.

The New **Nutrition Facts Label** *What's in it for you?*

CONSEJO

Use el % VD para determinar si una porción del alimento es alta o baja en un nutriente específico. Como guía general:

- 5% del VD o menos de un nutriente por porción se considera bajo.
- 20% del VD o más de un nutriente por porción se considera alto.

Con frecuencia, elija alimentos que sean:

- Más altos en fibra dietética, vitamina D, calcio y potasio.
- Más bajos en grasas saturadas, sodio y azúcares añadidas.

¿Qué pasa con las grasas *trans*, las proteínas y los azúcares totales?

Algunos nutrientes no tienen un % VD

- La proteína generalmente no tiene un porcentaje de Valor Diario (% VD) en la etiqueta, por lo tanto, use la cantidad de gramos (g) como guía.
- Las grasas *trans* y los azúcares totales no tienen un porcentaje de Valor Diario (% VD), por lo tanto, use la cantidad de gramos (g) para comparar y elegir alimentos.

¿Qué es esa nota al pie en la parte inferior?

La nota al pie explica qué tanto contribuye un nutriente en una porción de comida para una dieta diaria, y que 2,000 calorías al día se usan como consejo de nutrición en general.

Valores Diarios en acción

Observe la etiqueta de muestra para lasaña congelada a continuación. ¿Este producto es **ALTO** en algún nutriente (más del 20% del VD) o **BAJO** en cualquier nutriente (menos del 5% del VD)? Asegúrese de revisar las etiquetas para ver qué nutrientes son **ALTOS** o **BAJOS** en los productos que compra.

Etiqueta de muestra para lasaña congelada

Nutrition Facts

4 servings per container

Serving size **1 cup (227g)**

Amount per serving

Calories **280**

	% Daily Value*	
Total Fat 9g	**12%**	
Saturated Fat 4.5g	**23%**	ALTO
Trans Fat 0g		
Cholesterol 35mg	**12%**	
Sodium 850mg	**37%**	ALTO
Total Carbohydrate 34g	**12%**	
Dietary Fiber 4g	**14%**	
Total Sugars 6g		
Includes 0g Added Sugars	**0%**	BAJO
Protein 15g		
Vitamin D 0mcg	0%	BAJO
Calcium 320mg	25%	ALTO
Iron 1.6mg	8%	
Potassium 510mg	10%	

* 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.

Obtenga más información sobre la nueva etiqueta de información nutricional en:

www.FDA.gov/NewNutritionFactsLabel

The Lows and Highs of Percent Daily Value

Percent Daily Value Explained

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. **The %DV can help you determine if a serving of food is high or low in a nutrient.**

The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day. **The Daily Values have been updated, which may make the percent Daily Value higher or lower on the new Nutrition Facts label.**

Nutrition Facts

4 servings per container
Serving size **1 cup (227g)**

Amount per serving
Calories **280**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 850mg	**37%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**14%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

% Daily Value

Use Percent Daily Value to Make Informed Choices

%DV can help you make informed choices about what you eat and drink.

- **Compare Foods:** %DV makes it easy for you to make comparisons. Just make sure the serving sizes of each product are the same. Look at the %DV of the different nutrients and more often choose foods that contain more of the nutrients you want to get more of and less of nutrients you may want to limit.
- **Manage Dietary Trade-Offs:** You don't have to give up a favorite food to have a healthy diet. Use %DV to make dietary trade-offs with other foods throughout the day. When a food you like is high in a nutrient you want to get less of—or low in a nutrient you want to get more of—you can balance it with foods that are low (or high) in that nutrient at other times of the day.

The New **Nutrition Facts Label** *What's in it for you?*

TIP

Use %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

What About *Trans* Fat, Protein, and Total Sugars?

Some nutrients do not have a %DV

- Protein generally has no percent Daily Value (%DV) listed on the label, so use the number of grams (g) as a guide.
- *Trans* fat and total sugars have no percent Daily Value (%DV), so use the number of grams (g) to compare and choose foods.

What's That Footnote at the Bottom?

The footnote explains how much a nutrient in a serving of food contributes to a daily diet and that 2,000 calories a day is used for general nutrition advice.

Daily Values in Action

Take a look at the sample label for frozen lasagna below. Is this product **HIGH** in any nutrients (over 20% DV) or **LOW** in any nutrients (under 5% DV)? Be sure to check labels when you shop to see which nutrients are **HIGH** or **LOW** in the products you buy.

Sample Label for Frozen Lasagna

Nutrition Facts

4 servings per container

Serving size **1 cup (227g)**

Amount per serving

Calories **280**

	% Daily Value*	
Total Fat 9g	**12%**	
Saturated Fat 4.5g	**23%**	HIGH
Trans Fat 0g		
Cholesterol 35mg	**12%**	
Sodium 850mg	**37%**	HIGH
Total Carbohydrate 34g	**12%**	
Dietary Fiber 4g	**14%**	
Total Sugars 6g		
Includes 0g Added Sugars	**0%**	LOW
Protein 15g		
Vitamin D 0mcg	0%	LOW
Calcium 320mg	25%	HIGH
Iron 1.6mg	8%	
Potassium 510mg	10%	

* 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.

Learn more about the new Nutrition Facts label at: www.FDA.gov/NewNutritionFactsLabel

Hawaiian Tuna Salad

Prep Time: 20 minutes Number of Servings: 2

Ingredients

Dressing:

- 1/8 cup cider or wine vinegar
- ¼ cup extra-virgin olive oil
- 1/8 teaspoon salt (optional)
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon honey

Salad:

- 1 (5-ounce) can tuna, drained
- ½ cup chopped celery
- ¼ cup chopped unsalted macadamia nuts or cashews
- ½ of a 20-ounce can pineapple chunks, drained
- ½ cup thinly sliced red onion
- 5 cups mixed salad greens, torn and shredded

Hawaiian Tuna Salad

Prep Time: 20 minutes Number of Servings: 2

Ingredients

Dressing:

- 1/8 cup cider or wine vinegar
- ¼ cup extra-virgin olive oil
- 1/8 teaspoon salt (optional)
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon honey

Salad:

- 1 (5-ounce) can tuna, drained
- ½ cup chopped celery
- ¼ cup chopped unsalted macadamia nuts or cashews
- ½ of a 20-ounce can pineapple chunks, drained
- ½ cup thinly sliced red onion
- 5 cups mixed salad greens, torn and shredded

Hawaiian Tuna Salad

Prep Time: 20 minutes Number of Servings: 2

Ingredients

Dressing:

- 1/8 cup cider or wine vinegar
- ¼ cup extra-virgin olive oil
- 1/8 teaspoon salt (optional)
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon honey

Salad:

- 1 (5-ounce) can tuna, drained
- ½ cup chopped celery
- ¼ cup chopped unsalted macadamia nuts or cashews
- ½ of a 20-ounce can pineapple chunks, drained
- ½ cup thinly sliced red onion
- 5 cups mixed salad greens, torn and shredded

Hawaiian Tuna Salad

Prep Time: 20 minutes Number of Servings: 2

Ingredients

Dressing:

- 1/8 cup cider or wine vinegar
- ¼ cup extra-virgin olive oil
- 1/8 teaspoon salt (optional)
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon honey

Salad:

- 1 (5-ounce) can tuna, drained
- ½ cup chopped celery
- ¼ cup chopped unsalted macadamia nuts or cashews
- ½ of a 20-ounce can pineapple chunks, drained
- ½ cup thinly sliced red onion
- 5 cups mixed salad greens, torn and shredded

Hawaiian Tuna Salad

Directions

1. Combine all salad dressing ingredients into a jar with a tight-fitting lid and shake until well blended.
2. In a large bowl combine tuna, celery, nuts, pineapple, and onion. Add dressing and toss lightly to coat.
3. Arrange greens on plates. Divide and plate the tuna mixture over the greens.

Nutrition Facts (per serving):

Calories: 524 Total Fat: 36gm Carbohydrates: 36gm Fiber: 4gm
Protein: 20gm Sodium: 441mg Cholesterol: 25mg

Recipe Courtesy of Oldways

Hawaiian Tuna Salad

Directions

1. Combine all salad dressing ingredients into a jar with a tight-fitting lid and shake until well blended.
2. In a large bowl combine tuna, celery, nuts, pineapple, and onion. Add dressing and toss lightly to coat.
3. Arrange greens on plates. Divide and plate the tuna mixture over the greens.

Nutrition Facts (per serving):

Calories: 524 Total Fat: 36gm Carbohydrates: 36gm Fiber: 4gm
Protein: 20gm Sodium: 441mg Cholesterol: 25mg

Recipe Courtesy of Oldways

Hawaiian Tuna Salad

Directions

1. Combine all salad dressing ingredients into a jar with a tight-fitting lid and shake until well blended.
2. In a large bowl combine tuna, celery, nuts, pineapple, and onion. Add dressing and toss lightly to coat.
3. Arrange greens on plates. Divide and plate the tuna mixture over the greens.

Nutrition Facts (per serving):

Calories: 524 Total Fat: 36gm Carbohydrates: 36gm Fiber: 4gm
Protein: 20gm Sodium: 441mg Cholesterol: 25mg

Recipe Courtesy of Oldways

Hawaiian Tuna Salad

Directions

1. Combine all salad dressing ingredients into a jar with a tight-fitting lid and shake until well blended.
2. In a large bowl combine tuna, celery, nuts, pineapple, and onion. Add dressing and toss lightly to coat.
3. Arrange greens on plates. Divide and plate the tuna mixture over the greens.

Nutrition Facts (per serving):

Calories: 524 Total Fat: 36gm Carbohydrates: 36gm Fiber: 4gm
Protein: 20gm Sodium: 441mg Cholesterol: 25mg

Recipe Courtesy of Oldways

Berry Parfait Wraps

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 2 whole wheat tortillas
- ½ pint blackberries, blueberries, or raspberries, rinsed and lightly dried with a paper towel
- 1 cup plain non-fat Greek yogurt (or vanilla flavor)
- 1 tablespoon honey (or less if using flavored yogurt)
- ½ teaspoon cinnamon
- ¼ cup low-fat granola (divided)

Tip:

✓ You can swap in any other kind of yogurt if you are not a fan of Greek yogurt.

Berry Parfait Wraps

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 2 whole wheat tortillas
- ½ pint blackberries, blueberries, or raspberries, rinsed and lightly dried with a paper towel
- 1 cup plain non-fat Greek yogurt (or vanilla flavor)
- 1 tablespoon honey (or less if using flavored yogurt)
- ½ teaspoon cinnamon
- ¼ cup low-fat granola (divided)

Tip:

✓ You can swap in any other kind of yogurt if you are not a fan of Greek yogurt.

Berry Parfait Wraps

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 2 whole wheat tortillas
- ½ pint blackberries, blueberries, or raspberries, rinsed and lightly dried with a paper towel
- 1 cup plain non-fat Greek yogurt (or vanilla flavor)
- 1 tablespoon honey (or less if using flavored yogurt)
- ½ teaspoon cinnamon
- ¼ cup low-fat granola (divided)

Tip:

✓ You can swap in any other kind of yogurt if you are not a fan of Greek yogurt.

Berry Parfait Wraps

Prep Time: 15 minutes Number of Servings: 2

Ingredients:

- 2 whole wheat tortillas
- ½ pint blackberries, blueberries, or raspberries, rinsed and lightly dried with a paper towel
- 1 cup plain non-fat Greek yogurt (or vanilla flavor)
- 1 tablespoon honey (or less if using flavored yogurt)
- ½ teaspoon cinnamon
- ¼ cup low-fat granola (divided)

Tip:

✓ You can swap in any other kind of yogurt if you are not a fan of Greek yogurt.

Berry Parfait Wraps

Directions:

1. Lay 2 whole wheat tortillas out on a clean, flat surface.
2. In a large bowl, combine Greek yogurt, honey, and cinnamon. Mix until the ingredients are well blended.
3. Evenly spread the Greek yogurt mixture on the center of each tortilla (about ½ cup per tortilla).
4. Divide the pre-rinsed, dried berries evenly over the top of the Greek yogurt mixture on the tortillas.
5. Sprinkle half of the low-fat granola over each tortilla on top of the Greek yogurt and berries (about 1/8 cup of granola per tortilla).
6. Roll each tortilla carefully into a wrap. Enjoy.

Nutrition Facts (per serving):

Calories: 213 Protein: 18gm Total Carbohydrates: 36gm
Fiber: 10gm Total Fat: 3gm Cholesterol: 0mg Sodium: 284mg

Berry Parfait Wraps

Directions:

1. Lay 2 whole wheat tortillas out on a clean, flat surface.
2. In a large bowl, combine Greek yogurt, honey, and cinnamon. Mix until the ingredients are well blended.
3. Evenly spread the Greek yogurt mixture on the center of each tortilla (about ½ cup per tortilla).
4. Divide the pre-rinsed, dried berries evenly over the top of the Greek yogurt mixture on the tortillas.
5. Sprinkle half of the low-fat granola over each tortilla on top of the Greek yogurt and berries (about 1/8 cup of granola per tortilla).
6. Roll each tortilla carefully into a wrap. Enjoy.

Nutrition Facts (per serving):

Calories: 213 Protein: 18gm Total Carbohydrates: 36gm
Fiber: 10gm Total Fat: 3gm Cholesterol: 0mg Sodium: 284mg

Berry Parfait Wraps

Directions:

1. Lay 2 whole wheat tortillas out on a clean, flat surface.
2. In a large bowl, combine Greek yogurt, honey, and cinnamon. Mix until the ingredients are well blended.
3. Evenly spread the Greek yogurt mixture on the center of each tortilla (about ½ cup per tortilla).
4. Divide the pre-rinsed, dried berries evenly over the top of the Greek yogurt mixture on the tortillas.
5. Sprinkle half of the low-fat granola over each tortilla on top of the Greek yogurt and berries (about 1/8 cup of granola per tortilla).
6. Roll each tortilla carefully into a wrap. Enjoy.

Nutrition Facts (per serving):

Calories: 213 Protein: 18gm Total Carbohydrates: 36gm
Fiber: 10gm Total Fat: 3gm Cholesterol: 0mg Sodium: 284mg

Berry Parfait Wraps

Directions:

1. Lay 2 whole wheat tortillas out on a clean, flat surface.
2. In a large bowl, combine Greek yogurt, honey, and cinnamon. Mix until the ingredients are well blended.
3. Evenly spread the Greek yogurt mixture on the center of each tortilla (about ½ cup per tortilla).
4. Divide the pre-rinsed, dried berries evenly over the top of the Greek yogurt mixture on the tortillas.
5. Sprinkle half of the low-fat granola over each tortilla on top of the Greek yogurt and berries (about 1/8 cup of granola per tortilla).
6. Roll each tortilla carefully into a wrap. Enjoy.

Nutrition Facts (per serving):

Calories: 213 Protein: 18gm Total Carbohydrates: 36gm
Fiber: 10gm Total Fat: 3gm Cholesterol: 0mg Sodium: 284mg