

PROPOSED RULES FOR NUTRITION FACTS

When the regulations are final, virtually every food label will need to be modified.

What are the highlights of the proposed changes?

The proposed rules call for changes to the label format and appearance, changes to Daily Values, and adjustments to serving sizes to reflect typical consumption patterns. FDA has also proposed to include Added Sugars, Vitamin D and Potassium as "mandatory" Nutrition Facts nutrients, while Vitamin A and Vitamin C would become "voluntary" and Calories from Fat would be eliminated.

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

FDA issued a press release announcing the new proposed changes on February 27, 2014, that you can find [here](#). You can find links to the Federal Register notices and other resources there.

What is FDA proposing for the appearance of the Nutrition Facts Panel?

Here is a side-by-side comparison showing current vs. proposed rules:

Current	Proposed																												
<p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 40</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 160mg 7%</p> <p>Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table>		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	<p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per 2/3 cup</p> <p>Calories 230</p> <hr/> <p>% DV*</p> <p>12% Total Fat 8g 5% Saturated Fat 1g 0% Cholesterol 0mg 7% Sodium 160mg 12% Total Carbs 37g 14% Dietary Fiber 4g Added Sugars 0g</p> <hr/> <p>Protein 3g</p> <hr/> <p>10% Vitamin D 2mcg 20% Calcium 260mg 45% Iron 8mg 5% Potassium 235mg</p> <p><small>* Footnote on Daily Values (DV) and calories reference to be inserted here.</small></p>
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What do I need to do about the new proposed rules?

Get prepared. Your team wants to know how your products will be affected by the proposed changes to nutrition facts labeling. While FDA is still in the beginning stages of the rule making process, it is not too soon to get ready for the almost certain changes ahead.

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. Recently, Health Canada issued proposed changes to the Nutrition Facts Table and List of Ingredients. There are several similarities between the U.S. and Canadian proposals. There are also many differences, reinforcing the need for careful attention to understand the nuances. Food label regulations for Mexico were last modified in August 2014.

Where should I go for information about the changes?

FDA's [website](#) is a good starting point to begin your analysis of the changes in the U.S. Health Canada's [website](#) is a good starting point to begin your analysis of the changes in Canada. Food labelers have also asked us for help and we have created a Proposed Rule Label Audit service, a comprehensive assessment of label claims, nutrient values, percent daily values, servings per container, and RACCs. This audit will help you proactively prepare your recommendations and support label development. [Contact Us](#) to get started, and enter "Proposed Rule Label Audit" in the Comments box.