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CHILDREN'S ENVIRONMENTAL HEALTH CENTER OF THE HUDSON VALLEY

PROTECTING CHILDREN AGAINST ENVIRONMENTAL THREATS

www.ChildrensEnvironment.org

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Changes to Nutrition Fact Labels

Changes to the Nutrition Facts labels Will Soon Appear on Packages Nationwide:

What Families Need to Know

The U.S. Food and Drug Administration has updated the Nutrition Facts label on packaged foods and beverages. The newly designed labelis based on current scientific evidence linking nutrition to chronic diseases. You may see both the old and new labels in stores until the January 2021 deadline. Understanding what to look for on these new labels is the first step to making sure you are providing your family with the most nutritious, healthful foods.

What are the changes?

Added sugars: The new labels list the amount of added sugars, not just total sugar:added sugars can come from high fructose corn syrup, cane sugar, beet sugar, syrups, honey, concentrated fruit and vegetable juices. Foods high in added sugars such as soda and sweets lack the nutritional quality of foods with naturally occurring sugars such as fruit or milk. The American Heart Association recommends:

- Children under 2 years should avoid consuming any added sugar because they are developing taste preferences.
- Children ages 2 and over should consume no more than 3 to 6 teaspoons of added sugar each day.
- Children should not drink more than one 8-ounce sugar-sweetened beverage per week.

The 2015-2020 Dietary Guidelines for Americans recommends limiting added sugar to no more than 10 percent of total daily calories.

Key Point #1: Aim for foods with 10 grams of total sugars or less per serving size.

Calories: Calorie content is in bold and larger print on the new labels.

Calories are the total energy supplied per serving size of food (carbohydrates, protein and fat). Your child's caloric needs vary depending on age, sex, height, weight, and physical activity level. Learn more about finding the right balance of calories consumed and activity at www.choosemyplate.gov

Serving Size and Servings per container: The new labels have more realistic serving sizes (i.e., a serving of ice cream was ½ cup, and is now 2/3 cup). Packages with one to two servings may have two columns, one for a single serving and one for the entire package. It's important to note that the serving size on a package is not the recommended serving.

Key Point #2: Paying attention to the serving size is key to staying within the total daily amount of calories to maintain a healthy body weight.

Calories from fat: Thishas been removed from the new labels. New research shows that the type of fat consumed matters more than the quantity. For example, vegetable oils, fish and nuts contain healthful monounsaturated and polyunsaturated fats. Saturated fats and trans fats found in some highly-processed foods should be limited. The new label will list "total fat," "saturated fat" and "trans fat."

Key Point #3: Aim for foods with 2 grams or less per serving of saturated fat and no trans fats.

% Daily Value: The footnote on the new labels has an updated description of what this means. It shows how much a nutrient in a serving of the food contributes to a total daily diet. The percent is based on a 2000 calorie daily diet, individual needs are varied.

Vitamins and Minerals: The requirement for vitamins has changed to reflect current deficiencies in the population. Values for vitamin D, calcium, iron and potassium are now required on the new labels,while values for vitamin A and C are no longer required.

What's the bottom line?

Nutrients to get less of: Diets higher in these nutrients are associated with an increased risk of developing health conditions such as high blood pressure, diabetes and cardiovascular disease: **saturated fat, trans fat, sodium, added sugars.**

Nutrients to get more of:Diets higher in these nutrients can reduce the risk of developing health conditions, such as high blood pressure, cardiovascular disease, diabetes, osteoporosis, and anemia: **dietary fiber, vitamin D, calcium, iron and potassium.**

Check out some fun interactive nutrition label games from the FDA:
https://www.fda.gov/Food/LabelingNutrition/ucm490204.htm

Resources:

https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm
https://www.ahajournals.org/doi/abs/10.1161/CIR.0000000000000439
https://health.gov/dietaryguidelines/2015/guidelines/
https://www.choosemyplate.gov/myplate-plan-calculator