



## *FDA Releases Updated Nutrition Labeling Regulations*

After years of debate, the FDA has finally issued new regulations regarding the nutrition facts labels on packaged foods, as well as updating the serving size requirements. The new regulations were issued on May 20, 2016, and companies with annual sales of less than \$10 million will have until July 29, 2019 to comply. The key changes include an increased type size for the “Calories,” “Servings per Container,” and the “Serving size.” The calories and serving size numbers must now be **bold**, and manufacturers must declare the actual amount. A breakdown of the changes to the nutrition label includes:

- Listing the % Daily Value of Vitamin D, iron, calcium and potassium is required.
- Added sugars are required to be listed. These include any sugars added during the processing from sources like cane and beet sugar, syrups, fruit juice concentrates, honey and maple syrup.
- “Calories from Fat” is to be removed.
- Serving Sizes adjusted -
  - Ice cream = 2/3 cup instead of 1/2 cup
  - Soda = 12oz instead of 8oz
- Dual column labels will list nutritional information for “per serving” as well as “per package/unit” on products that are larger than 1 serving.

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