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Industry Insights: The New Nutrition Facts Panel

The Food and Drug Administration (FDA) is implementing changes to the Nutrition Facts Panel for food and beverage labels. Manufacturers are required to comply with the new requirements by January 1, 2020, although manufacturers with less than \$10 million in annual food sales have an additional year, until January 1, 2021. Key changes include the following:

- Serving sizes are being changed to reflect the amounts typically consumed. In addition, larger packages may now be considered a single serving.
- The amount of added sugars must be stated in addition to total sugar.
- The nutrients that must be listed will now include Vitamin D and Potassium, replacing Vitamins A and C.
- Calories from fat will no longer be required.
- Daily values for certain nutrients have changed based on updated science.
- The format and look of the NFP is being changed to draw attention to certain information, such as calories and serving size.

Learn more about these changes [here](#).

Authors

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