

Food Labels for Healthy Eating

Serving Size and Grams of Sugar

Instructions: Review the serving size and grams of total sugar on both food labels and grams of added sugar on the new food label.

The newly revised Nutrition Facts Panel will not be on all food packages until July 2018.

Original Label

Nutrition Facts	
Serving Size 3/4 cup (28g) ←	
Servings Per Container About 17	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 9g ←	
Protein 2g	
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	25%
* 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

Ingredients: Whole Grain Oats, **Sugar**, Oat Bran, Corn Starch, **Honey**, **Brown Sugar Syrup**, Salt, Tri-Potassium Phosphate, Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Serving sizes have easy to use measurements. The serving size on the label may be different from the typical amount eaten at one time.

The grams of **total** sugar per serving is listed here.

The grams of **added** sugar per serving shows how much sugars are actually added to the food while it is being made.

Look at the ingredients list below to see the different types of added sugar.

Ingredients are listed in order of amount. The food contains more of the ingredients that are listed first.

New Label

Nutrition Facts	
17 servings per container	
Serving size 3/4 cup (28g)	
Amount per serving	
Calories 110	
% Daily Value*	
Total Fat 1.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	9%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 6g Added Sugars	15%
Protein 2g	
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 3mg	25%
Potassium 0mg	0%
* 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.	

Ingredients: Whole Grain Oats, **Sugar**, Oat Bran, Corn Starch, **Honey**, **Brown Sugar Syrup**, Salt, Tri-Potassium Phosphate, Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.