

# New FDA Nutrition Label Requirements



The FDA is requiring all packaged food producers to update their nutrition label formats by **July 1, 2020**. According to the FDA, the new labels reflect current scientific evidence and include:

Nutrition Facts	
8 Servings per container	
<b>Serving size 2/3 cup (55g)</b>	
<b>Amount per serving</b>	
<b>Calories 230</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	40%
Potassium 235mg	6%

The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## UPDATED SERVING SIZES

8 Servings per container  
**Serving size 2/3 cup (55g)**

## LARGER FONT FOR CALORIES AND SERVINGS

**Amount per serving**  
**Calories 230**

## UPDATED DAILY VALUES

	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	

## ADDED SUGARS LISTED

Includes 10g Added Sugars **20%**

## NEW NUTRIENTS LISTED

Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	40%
Potassium 235mg	6%

Rice Lake Retail Solutions products are now compliant with the new nutrition label requirements. New ScaleLink Pro-5 software for the Ishida Uni-3, Uni-5, Uni-7, and Uni-9 scales, the IP-Ai-P labeler and the WM-Ai automatic wrapper is available to provide an updated nutrition label format library for products currently in service.

For more information about the new FDA requirements, visit [www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label](http://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label)

Learn more about Rice Lake Retail Solutions and download the updated ScaleLink Pro-5 2020 Nutrition Label Format Library at [www.ricelake.com/retail](http://www.ricelake.com/retail)



800-472-6703  
[www.ricelake.com/retail](http://www.ricelake.com/retail)