The FDA announced the new Nutrition Facts label for packaged foods to make it easier for us to make better informed food choices. Manufacturers have until January 2021 to comply and put these new labels on foods.

Here are changes on the new food labels:

- Servings are larger and use bold type
- Calories are put in a larger font
- Calories from fat are no longer shown
- Added sugars are now shown
- Serving sizes have been updated
- Vitamin D and Potassium are required, but Vitamin A and C are no longer required

Become familiar with the new Nutrition Facts label to make healthy food choices!