

# Fresh look at FOOD LABELS



A UnitedHealthcare Company

It's never been easier to get a handle on what we're eating

The FDA's recent changes to nutrition labels on packaged foods arms us with the information we need to make healthy food choices. The labels make it simple to track what we're eating and how much, each day.

## Bigger and bolder

Read calorie and serving information with ease.



## Serving size

Serving info that reflects how much a person actually eats at one time.



## Just right

Updated daily values for sodium, dietary fiber and Vitamin D.



## Added sugars

Discover if sugars are added (and how much).



## The big four

Find Vitamin D, calcium, iron and potassium on *every* label.



## Daily value

New footnote explains our nutrient intake and the daily total.



## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* 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.

**Note:** Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label already appears on many products nationwide.

Use the QR code reader on your mobile device to learn more.

