The *New* Nutrition Facts Panel

NDC NATIONAL DAIRY COUNCIL™

While the nutrients in milk, cheese, and yogurt aren't changing, the Food and Drug Administration (FDA) is updating how foods, including dairy foods, must be labeled.

When it's changing

The final rule was released May 2016 and the compliance date of this final rule is July 26, 2018 for companies with $10 million or more in annual food sales. Smaller companies will have until July 26, 2019 to comply.

Why it's changing

The revisions are meant to reflect the most current understanding of nutrition science as well as the reality of how people eat and drink today. This may help people make informed choices for themselves and their families.

What's changing?

The Look.

A few small changes update this iconic design in a big way.

Key information is in **larger print and bold** to help people easily find what they need.

Calories are more prominent because calories count.

The footnote on the label **is shorter and simpler.**

The Nutrients.

Say hello to the newest members of the nutrition label.

Vitamin D and potassium replace vitamins A and C as nutrients required on the label, in addition to calcium and iron. These are the vitamins and minerals of greatest public health concern based on the latest scientific evidence.

Sample Nutrition Facts Panel for Low-Moisture Part-Skim Mozzarella Cheese

Nutrition Facts

8 servings per container

Serving size **1/4 cup (28g)**

Amount per serving

Calories **90**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3g	**17%**
Trans Fat 0g	
Cholesterol 20mg	**6%**
Sodium 200mg	**9%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars Less Than 1g	
Includes 0g Added Sugars	**0%**
Protein 7g	**14%**
Vitamin D 0mcg	0%
Calcium 209mg	15%
Iron 0mg	0%
Potassium 55mg	2%

* 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.

Values in the Nutrition Facts Panel are based on USDA Database SR28 #01029 for illustration purposes only. Manufacturer data may vary and each cheese variety will differ.

The Rules.

"Servings" and "servings per containers" get redefined.

Serving sizes for some food categories are changing based on how much we typically eat today. By law, the label information on serving sizes must be based on what people actually eat, not on what they "should" be eating.

The actual amount, not just the % Daily Value (DV) of vitamin D, calcium, iron, and potassium will be listed on the label.

FDA is introducing "Added Sugars" because there is now dietary guidance that encourages people to limit their consumption. Additionally, FDA is renaming "Sugars" to "Total Sugars" to differentiate the two.

"Total Sugars" includes the sum of naturally occurring sugars (such as lactose) and added sugars. Naturally occurring sugars will NOT be included as "Added Sugars" on the label.

Things to Know about Cheese's Nutrition Facts Label

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1

The serving size (Reference Amount Customarily Consumed, or RACC) for cheese hasn't changed: for example, it's still 30 grams for many types of cheese (this is about 1 ounce, which is about 3 cubes about the size of a dice). The RACC for cheese sauce has not changed: it's still ¼ cup.

Examples: 1 oz of cheese (30 grams)

1/4 cup of sauce

2

Even though the nutrients in cheese are still the same, the %DV will change for some nutrients because the Daily Value changed.

Some cheese may be a good source of selenium, riboflavin, and/or zinc. Each product will need to be evaluated separately.

Example: 30 g Low-Moisture Part-Skim Mozzarella Cheese*

% Daily Values that are Increasing		
	To	**Claim**
Vitamin B_{12}	20%	Now an Excellent Source rather than a Good Source
Niacin	15%	Now a Good Source
% Daily Values that are Decreasing		
	To	**Claim**
Calcium	15%	Now a Good Source rather than an Excellent Source
% Daily Values that Stay the Same		
	Still	**Claim**
Protein	14%	Still a Good Source
Phosphorus	15%	Still a Good Source

Example: 30 g Cheddar*

% Daily Values that are Increasing		
	To	**Claim**
Vitamin A	10%	Now a Good Source
Vitamin B_{12}	15%	Now a Good Source
Niacin	15%	Now a Good Source
% Daily Values that are Decreasing		
	To	**Claim**
Calcium	15%	Now a Good Source rather than an Excellent Source
Phosphorus	10%	Still a Good Source
% Daily Value that Stays the Same		
	Still	**Claim**
Protein	14%	Still a Good Source

** Values are based on USDA Database for illustration purpose (Low-Moisture Part-Skim Mozzarella #01029 and Cheddar #01009). Manufacturer data may vary and each cheese variety will differ.*

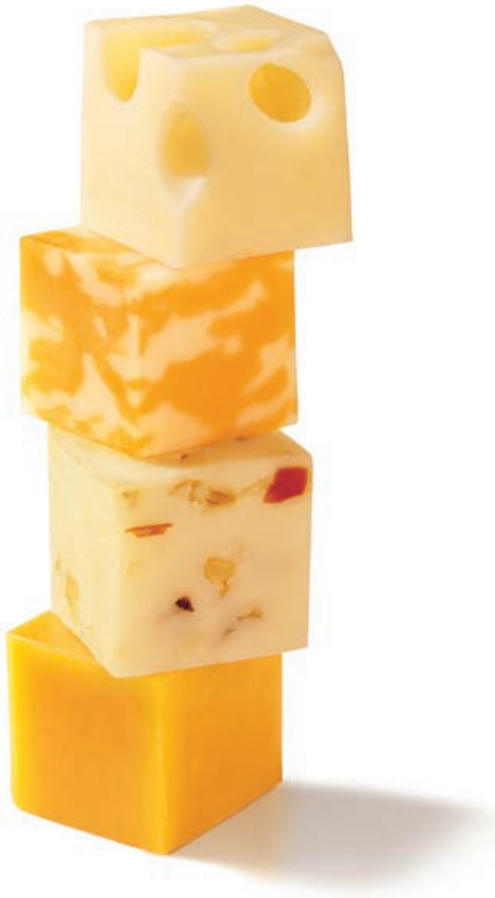
*** The Dietary Guidelines for Americans recommends low-fat or fat-free cheese.*

It's what's inside that counts

The Nutrition Facts Panel is changing but the simple fact is this: because cheese is made from milk, it provides an important source of protein, calcium and other important nutrients.**

With hundreds of varieties of cheese available, there's an option for every taste, nutrition need or occasion.

It's hard not to get cheesy about that!



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About the Daily Values (DV)

Daily Value is a a single term to designate both Daily Reference Values (DRVs) and Reference Daily Intakes (RDIs).

Daily Values do not appear on the food label, but are used for calculating %DV. Daily Values were updated based on the latest science.

Here's Why it Matters

Even if the amount of a specific nutrient (or nutrients) in a food or beverage has not changed, the change in the Daily Value will impact the %DV the product provides and the nutrient content claims that can be made.

When the Daily Value decreases, the %DV the food provides will increase, and vice versa.

Daily Values that are …

Increasing

	From	To
Total Fat	65 g	78 g
Dietary Fiber	25 g	28 g
Calcium	1,000 mg	1,300 mg
Vitamin D	400 IU (10 mcg)	20 mcg
Potassium	3,500 mg	4,700 mg
Vitamin C	60 mg	90 mg
Vitamin K	80 ug	120 mcg
Phosphorus	1,000 mg	1,250 mg
Magnesium	400 mg	420 mg
Manganese	2.0 mg	2.3 mg

Units
g = grams
IU = International Units
mg = milligrams
mcg = micrograms
RAE =Retinol Activity Equivalents
NE = Niacin Equivalents
DFE = Dietary Folate Equivalents

Decreasing

	From	To
Sodium	2,400 mg	2,300 mg
Total Carbs.	300 g	275 g
Vitamin A	5000 IU (1500 mcg RAE)	900 mcg RAE
Vitamin E	30 IU (20 mg)	15 mg
Thiamin	1.5 mg	1.2 mg
Riboflavin	1.7 mg	1.3 mg
Niacin	20 mg	16 mg NE
Vitamin B_6	2.0 mg	1.7 mg
Vitamin B_{12}	6 mcg	2.4 mcg
Biotin	300 mcg	30 mcg
Pantothenic Acid	10 mg	5 mg
Zinc	15 mg	11 mg
Selenium	70 mcg	55 mcg
Copper	2.0 mg	0.9 mg
Chromium	120 mcg	35 mcg
Molybdenum	75 mcg	45 mcg
Chloride	3,400 mg	2,300 mg

Staying the Same

	Daily Value
Saturated Fat	20 g
Cholesterol	300 mg
Protein	50 g
Iron	18 mg
Folate	400 mcg DFE
Iodine	150 mcg

New

	Daily Value
Added Sugars	50 g
Choline	550 mg

More to Know About Sugar on the Label

FDA has defined the Daily Reference Value (DRV) for Added Sugar as 50 grams for ages 4 years and up and 25 grams for children 1-3 years of age.

Many dairy ingredients (e.g., dried and concentrated ingredients like Milk Protein Concentrate) will NOT be included as "Added Sugars" on the label.

Lactose isolated from milk and added to a food IS considered "Added Sugars" on the label.