

Fast Facts About Nutrition Facts Panels

What is the nutrition facts panel (NFP)?

Label required on most packaged foods that outlines key nutrients and ingredients in one serving of a food item¹



What is the purpose of the NFP and how can it be used?

The NFP can help consumers make informed dietary choices to support a healthy dietary pattern^{1,2}

The NFP design was updated by the Food and Drug Administration in 2016²

- This redesign, based on emerging nutrition research and public input, was the first major update in over 20 years
- Changes helped consumers to become more aware of calories in products (now in bold, large font), serving size that reflects all nutrients on the label (now bolded), and other factors, such as key nutrients to consume more of

Nutrition Facts Panel Components

Example NFP from Quaker Old Fashioned Oatmeal

Serving Information

The amount of this food item people typically eat or drink and number of servings of the food item in a container¹

IMPORTANT: all nutrient amounts shown on the NFP refer to the serving size indicated

- One serving of oats may be ½ cup dry but if you ate 1 cup dry, you consumed 2 servings of oats - that is 2x the calories & nutrients shown on the label
 - E.g., 150 calories/serving x 2 servings = 300 calories
 - E.g., 4 g dietary fiber/serving x 2 servings = 8 grams dietary fiber, which is 26% of the daily value

Nutrients

Nutrients to consume **more** of (typically under-consumed):¹ Dietary fiber, Vitamin D, Calcium, Iron, Potassium

Nutrients to consume **less** of (typically overconsumed):¹ Saturated fat, Sodium, Added sugars (includes sugars added during the processing of food and foods sweetened with sugar)

Nutrition Facts	
About 13 servings per container	
Serving Size 1/2 cup dry (40g)	
Amount Per Serving	
Calories	150
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Potassium 150mg	2%
Thiamine 0.2mg	15%
Phosphorus 130mg	10%
Magnesium 40mg	10%

*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 rolled oats.

Calories

Measure of how much energy you get from one serving of the food¹

IMPORTANT: the number of servings you consume determines the number of calories and nutrients you consumed

- If one serving of oats has 150 calories but you ate three servings, then you consumed 450 calories

Percent Daily Value (%DV)

Daily Values (DV) are reference amounts for how much of each nutrient to consume in a day. Percent DV indicates how much a food serving is contributing to the overall recommended DV for each nutrient.¹

Example: this food contributes 4 g of the 28 g DV for dietary fiber, making the %DV ~13%.

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- 5% DV or less of a nutrient per serving is **LOW** (look for this for nutrients to consume less of)
- 20% DV or more of a nutrient per serving is **HIGH** (look for this for nutrients to consume more of)

References:
 1. U.S. Food and Drug Administration (FDA). How to Understand and Use the Nutrition Facts Label. Updated Mar 5, 2024. Accessed Dec 18, 2024. <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label#:~:text=The%20Daily%20Values%20are%20reference%20amounts%20%2Bexpressed%20in,a%20food%20contributes%20to%20a%20total%20daily%20diet>
 2. U.S. Food and Drug Administration (FDA). The Nutrition Facts Label. Updated Mar 5, 2024. Accessed Dec 18, 2024. <https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label>