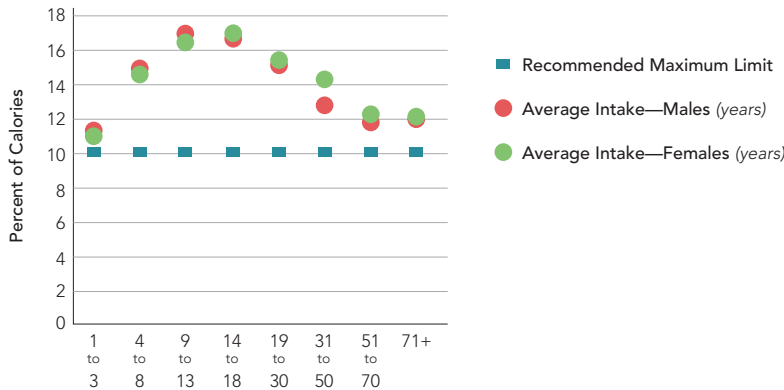


# Why We Need Updated Nutrition Facts By July 2018

Average Intakes of **Added Sugars** as a Percent of Calories per Day by Age-Sex Group, in Comparison to the *Dietary Guidelines* Recommended Maximum of Less than 10 Percent of Calories



## What scientists said to Secretary Price, Commissioner Gottlieb:

“Americans consume added sugars, especially sugar-sweetened beverages, in amounts that are linked to a higher risk of heart disease, type 2 diabetes, obesity, tooth decay, and nutrient-poor diets. The new Nutrition Facts labels would also tell consumers how much of a day’s worth of added sugars a serving of food contains.”

## 11 BIG CITY HEALTH DEPARTMENTS SUPPORT JULY 2018

“As local health departments, we are charged with protecting and promoting the health of our local populations. . . . We implore the Food and Drug Administration to maintain the current compliance date for the updated Nutrition Facts label.”

FDA SAYS:

**\$78 billion**

in benefits to consumers over 20 years

VS

**\$4.6 billion**

cost to companies

<https://www.fda.gov/downloads/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm385669.pdf>

71 SCIENTISTS call for Nutrition Facts in 2018

“Without those labels, consumers cannot follow advice from the government’s own Dietary Guidelines for Americans, American Heart Association, World Health Organization, and other health authorities to cut back on added sugars.”

<https://cspinet.org/sites/default/files/attachment/NFL%20Sign-on%20with%20Signatories%20Final.docx.pdf>

42 PUBLIC HEALTH/ CONSUMER GROUPS

ask Secretary Price, Commissioner Gottlieb for Nutrition Facts in 2018

“Any delay in the compliance deadline deals a blow to the health of our nation, especially to vulnerable populations that disproportionately suffer from **obesity, type 2 diabetes, cardiovascular disease, and tooth decay**—chronic diseases associated with the overconsumption of added sugars.”

<https://cspinet.org/sites/default/files/attachment/nutritionfactscomply%20sign%20on%20letter.pdf>

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	<b>230</b>
<b>Calories</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
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	14%
<b>Total Sugars</b> 19g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 4g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

How Much Added Sugars

in a serving and how much of your daily maximum

\*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.