The New Nutrition Facts Panel

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 initial compliance date set by FDA was July 26, 2018 for companies with $10 million or more in annual food sales, and July 26, 2019 for smaller companies. On June 13, 2017, FDA stated that the compliance date will be extended. The new compliance date will be announced in a Federal Register Notice at a later time.

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.

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

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>8 servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>1/4 cup (28g)</td>
</tr>
<tr>
<td>Amount per serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>90</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>200mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Total Sugars Less Than 1g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>includes 0g Added Sugars</td>
</tr>
<tr>
<td>Protein</td>
<td>7g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.1mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>210mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.1mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>60mg</td>
</tr>
</tbody>
</table>

* 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.

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.

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 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.
Things to Know about Cheese’s Nutrition Facts Label

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) 

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*

<table>
<thead>
<tr>
<th>% Daily Values that are Increasing</th>
<th>To</th>
<th>Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B₁₂</td>
<td>20%</td>
<td>Now an Excellent Source rather than a Good Source</td>
</tr>
<tr>
<td>Niacin (B₃)</td>
<td>15%</td>
<td>Now a Good Source</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Values that are Decreasing</th>
<th>To</th>
<th>Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>15%</td>
<td>Now a Good Source rather than an Excellent Source</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Values that Stay the Same</th>
<th>Still</th>
<th>Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>14%</td>
<td>Still a Good Source</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>15%</td>
<td>Still a Good Source</td>
</tr>
</tbody>
</table>

Example: 30 g Cheddar*

<table>
<thead>
<tr>
<th>% Daily Values that are Increasing</th>
<th>To</th>
<th>Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td>Now a Good Source</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>15%</td>
<td>Now a Good Source</td>
</tr>
<tr>
<td>Niacin (B₃)</td>
<td>15%</td>
<td>Now a Good Source</td>
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<th>% Daily Values that are Decreasing</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>15%</td>
<td>Now a Good Source rather than an Excellent Source</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>10%</td>
<td>Still a Good Source</td>
</tr>
</tbody>
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<tr>
<th>% Daily Value that Stays the Same</th>
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<th>Claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>14%</td>
<td>Still a Good Source</td>
</tr>
</tbody>
</table>

*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. For synonyms allowed in labeling of food, see 21 CFR 101.9.

**The Dietary Guidelines for Americans recommends low-fat or fat-free cheese. Manufacturer data may vary and each cheese variety will differ.

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, most cheese 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!
The New Nutrition Facts Panel

About the Daily Values (DV)

Daily Value is 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

- **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 B₆ | 2.0 mg | 1.7 mg
  - Vitamin B₁₂ | 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**
  - Saturated Fat | 20 g
  - Cholesterol | 300 mg
  - Protein | 50 g
  - Iron | 18 mg
  - Folate | 400 mcg DFE
  - Iodine | 150 mcg

- **New**
  - Added Sugars | 50 g
  - Choline | 550 mg

Units

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

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.