

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-Fat Vanilla Yogurt

Nutrition Facts	
1 serving per container	
Serving size 1 container (170g)	
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 11g Added Sugars	23%
Protein 8g	17%
Vitamin D 0mcg	0%
Calcium 291mg	20%
Iron 0mg	0%
Potassium 370mg	8%

* 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 #01119 for illustration purposes only. Manufacturer data may vary and each yogurt variety will differ. Added sugar was calculated using the following information: 170 g of low-fat yogurt (#01117) contains 12 g intrinsic sugar and 0 g added sugar.

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 Yogurt's Nutrition Facts Label

1

While people have always been able to use the ingredient list to see if sugar was added to the yogurt, now the label will have the gram amount and the %DV for Added Sugars. FDA has defined the Daily Reference Value (DRV) for Added Sugar as 50 grams for ages 4 years and older.

*Plain Low-Fat Greek Yogurt**

Dietary Fiber 6g	12%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	34%

*Strawberry Low-Fat Greek Yogurt**

Dietary Fiber 6g	12%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 14g	28%

It's what's inside that counts

The Nutrition Facts Panel is changing but the simple fact is yogurt** still provides the good nutrition of dairy – including protein, calcium and other important vitamins and minerals.

When it comes to yogurt, there are more choices than ever to choose from.

So pull up a spoon and dig in!

2

The serving size (Reference Amount Customarily Consumed or RACC) for yogurt is changing from 8 oz (225 g) to 6 oz (170 g). This is the size of container most commonly consumed today.



3

Even though the good nutrition of yogurt is still the same, the %DV that yogurt provides will change on that label. That's because the serving size is smaller and the Daily Values have changed for some nutrients. Here's a look at the nutrients that are most important to yogurt.

Some yogurt may be a good source of selenium. Each product will need to be evaluated separately.

Example: 6oz (170g) Low-Fat Flavored Yogurt*

% Daily Values that are Increasing

	To	Claim
Vitamin B ₁₂	40%	Still an Excellent Source
Pantothenic Acid	20%	Now an Excellent Source rather than a Good Source
Zinc	15%	Still a Good Source

% Daily Values that are Decreasing

	To	Claim
Protein	17%	Now a Good Source rather than Excellent Source
Calcium	20%	Still an Excellent Source
Potassium	8%	No longer a Good Source
Phosphorus	20%	Still an Excellent Source

% Daily Values that Stay the Same

	Still	Claim
Riboflavin	25%	Still an Excellent Source



* Values based on USDA Database for illustration purposes. Manufacturer data may vary and each yogurt variety will differ. Added sugar for Strawberry Low-Fat Greek Yogurt (USDA SR#01284) was calculated based on 170 g of Plain Low-Fat Greek Yogurt (USDA SR#01287) contains 6 g naturally occurring sugar and 0 g added sugar.
 ** The Dietary Guidelines for Americans recommends low-fat or fat-free yogurt.

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

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.

