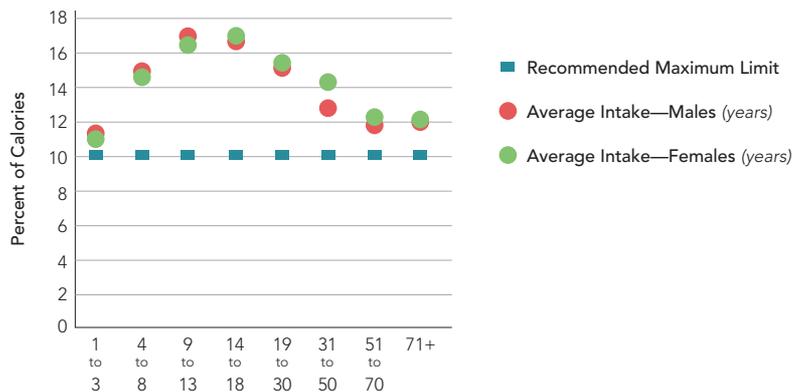


Why We Need Updated Nutrition Facts By July 2018

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.”

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

FDA SAYS:
\$78 billion
in benefits to consumers
over 20 years

VS

\$4.6 billion
cost to companies

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>

29 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	
Serving size	2/3 cup (55g)
Amount per serving	230
Calories	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g 5%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g 14%	
Total Sugars 19g	
Includes 10g Added Sugars 20%	
Protein 9g	
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.