Changes to the Nutrition Facts Label

In May 2016 the Food & Drug Administration finalized changes to the Nutrition Facts label. These new labels will become mandatory on food packages starting in July 2018. The new label will make it easier for consumers to make more informed food choices. These changes include:

- A larger sized font for “calories,” “servings per container” & “serving size”
- Bolding the number of calories.
- Serving sizes will reflect the amount people usually consume, not how much they should ideally consume.
- **Added sugars will be shown.** Added sugars can be part of a healthy diet, but if too many added sugars are consumed it gets more difficult for people to eat enough dietary fiber and essential vitamins and minerals while still staying within their recommended calorie limit. This addition to the label will increase consumer awareness of the amount of added sugars found in foods. People in the U.S. currently average about 13% of their total calories from added sugars.
- **Changes will be made to the nutrients required to be included on the label:**
  - Vitamin D and potassium will be added to the label as most don’t get enough
  - Vitamins A and C will be removed.
Strawberry S’mores

2 strawberries
2 Tbsp. yogurt, low-fat vanilla
1 graham cracker (broken in half)

1. Rinse the strawberries in water. Slice the strawberries.
2. Add the yogurt and strawberries to 1/2 of graham cracker.
3. Top with the other 1/2 of graham cracker.
4. Enjoy immediately.

Notes: Substitute other low-fat yogurt flavors.
Try other fruits like blueberries, bananas, etc.

Frozen Fruit Cups

3 bananas
3—8 ounce yogurt, non-fat strawberry
1 1/4 cups strawberries, frozen (thawed and undrained)
1 cup crushed pineapple (undrained, canned)

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.


For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

- Benewah, Kootenai & Shoshone Counties 446-1680
- Bonner & Boundary 263-8511
- Latah 883-2267
- Clearwater or Nez Perce 799-3096
- Idaho or Lewis 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD Phone: 446-1680
E-mail – kalig@uidaho.edu Web: www.eatsmartidaho.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number.

The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.