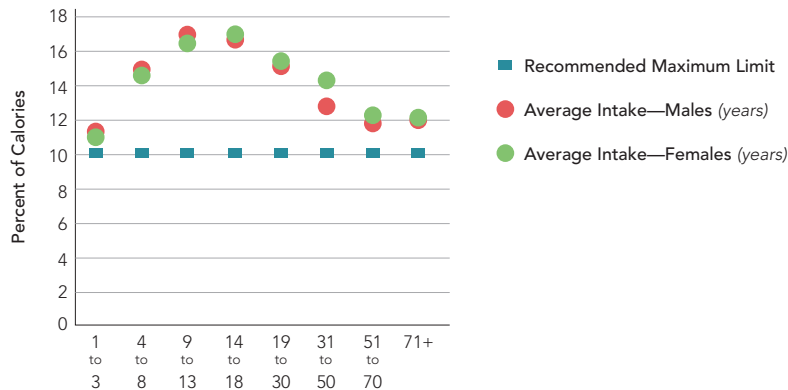


# Why We Need Updated Nutrition Facts By July 2018

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	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<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	20%
<b>Protein</b> 4g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*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.

How  
Much  
Added  
Sugars  
in a serving and  
how much of  
your daily  
maximum