### Original Label

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>230</td>
<td></td>
</tr>
</tbody>
</table>

**Calories from Fat 72%**

- **Total Fat** 8g 12%
  - Saturated Fat 1g 5%
  - Trans Fat 0g

- **Cholesterol** 0mg 0%

- **Sodium** 160mg 7%

- **Total Carbohydrate** 37g 12%
  - Dietary Fiber 4g 16%
  - Sugars 1g

- **Protein** 3g

- **Vitamin A** 10%
- **Vitamin C** 8%
- **Calcium** 20%
- **Iron** 45%

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**Note:** The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products.

When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the “original” label shows 1g of sugar as an example. The image created for the “new” label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

### New Label

**Nutrition Facts**

8 servings per container

**Serving size 2/3 cup (55g)**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>230</td>
<td></td>
</tr>
</tbody>
</table>

**Calories: 2,000 2,500**

- **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 12g

**Includes 10g Added Sugars** 20%

- **Protein** 3g

- **Vitamin D** 2mcg 10%
- **Calcium** 260mg 20%
- **Iron** 8mg 45%
- **Potassium** 235mg 6%

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*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.*