

FDA weighs in on Nutrition Facts, proposes changes

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Originally published Feb. 28, 2014

Nutrition Facts labels may be undergoing major changes within the next several months, the FDA announced Thursday Feb. 27, marking the first major changes to the labels in over 20 years.

The changes come in response to the growing obesity epidemic in the United States. [Two-thirds](#) of Americans are currently obese or overweight, NBC News reports. The Nutrition Facts labels will accommodate the growing problem by changing several key areas, including calorie content, portion sizes and added sugars, according to the FDA [news release](#).

Under the proposed changes, calorie content will be bolded and in a larger font than the rest of the label in order to emphasize the amount of calories in the product. Portion sizes will vary depending on the size of the product to accurately reflect what people consume. For example sodas sold in 12 or 20-ounce bottles will both be labeled as one serving because each is usually consumed in one sitting, according [FDA documents](#).

Another major change comes with the addition of added sugar content. Previously, carbohydrates just listed fiber and sugar contents and consumers were forced to guess the amount of added sugar. Now the Nutrition Facts will directly state how much sugar was added into the product during processing.

First Lady Michelle Obama has been a proponent of healthy eating since her husband's first term as President began. As her ["Let's Move"](#) initiative marks its fourth year in action, Mrs. Obama advocated her support of the changes in a White House press conference.

"I know there will be many opinions on what this label should look like, but I think that we all can agree that families deserve more and better information about the food they eat," Mrs. Obama said.

Critics of the new Nutrition Facts say that the increased portion sizes will encourage Americans to eat more, but others do not agree.

"People are going to drink a 20-ounce soda anyway," said Madylyn Fernstrom, diet and nutrition editor for NBC.

The general public has [90 days to weigh in](#) on proposed changes before the FDA can submit its official rules.

The changes mark a milestone in American nutrition, as the FDA aims to guide Americans in making informed decisions regarding their food choices.

Mrs. Obama is certainly excited.

“This is what you will get from the label of the future,” she also said in White House conference. “This will be the new norm in providing consumers with information about the food we buy and eat, so this is a huge deal.”