

Mayo Clinic Minute

How to read the new Nutrition Facts label

Video

Audio

	The new design of the Nutrition Facts label is meant to make it easier for consumers to make informed food choices. One of the most noticeable changes is the calories are now in a larger, bolder type.
Angie Murad Dietitian Mayo Clinic	"That can be helpful when you're trying to identify how many calories are in a product."
	When comparing calories and nutrients in different foods, you should check the serving size. However, since how much people eat and drink has changed over the years, the food serving sizes are getting a reality check on the new labels.
	"It may not be an example of what one serving is, but it may be more realistic of what someone really is eating so they can pinpoint exactly how many calories something has."
	The new labels are now required to include vitamin D, potassium and added sugars. When making healthy food choices, Angie says to ...
	"... look at the calories. They should look at added sugars. You want to be looking for things that have unsaturated fats and staying away from things that have high saturated fats."
	For the Mayo Clinic News Network, I'm Vivien Williams.