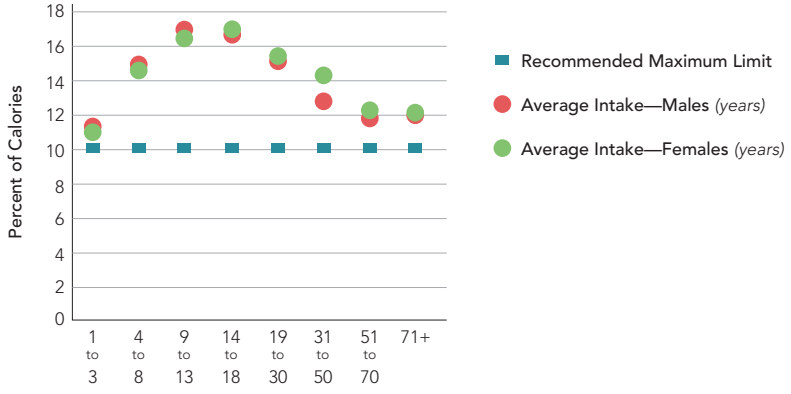
CENTER FOR Science IN THE Public Interest

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

11 BIG CITY HEALTH DEPARTMENTS SUPPORT JULY 2018

"As local health departments, we are charged with protecting and promoting the health of our local populations. . . . We implore the Food and Drug Administration to maintain the current compliance date for the updated Nutrition Facts label."

https://static1.squarespace.com/static/534fe4cdde4b095a3fb0cae2/t/5931975a37c58109d8262016/1496422235065/Nutrition+Fact+Label+Sign+On+Letter.pdf

FDA SAYS:

$78 billion
in benefits to consumers over 20 years

VS

$4.6 billion
cost to companies

https://www.fda.gov/downloads/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm385669.pdf

71 SCIENTISTS call for Nutrition Facts in 2018

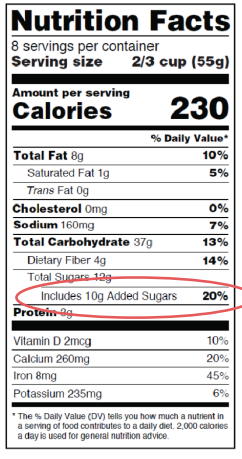
"Without those labels, consumers cannot follow advice from the government's own Dietary Guidelines for Americans, American Heart Association, World Health Organization, and other health authorities to cut back on added sugars."

https://cspinet.org/sites/default/files/attachment/NFL%20Sign-on%20with%20Signatories%20Final.docx.pdf

42 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 disproportionally 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



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