

# FDA overhauling food labels

By Ryan Jaslow, CBS

Nutrition fact labels are finally undergoing a makeover. The Food and Drug Administration has proposed new changes to labels on food packaging that are aimed at making them easier to understand – the first major update since about 1994.

Under the changes, serving sizes will be made easier to understand, calories will be featured more prominently and for the first time, added sugars will be included.

The label updates aim to incorporate the new science that has since come out on how eating foods might raise risk for obesity and chronic disease, according to the FDA. For example, old labels focused more on fats, but calorie consumption is what really drives weight gain and obesity, researchers have since determined.

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