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### Food Labels To Be Updated

(KAIR)--The U.S. Food and Drug Administration is proposing a change to the nutrition labels you can find on most packaged food products.

One of the biggest proposed changes concerns the update of serving size requirements and new labeling requirements for certain package sizes. The new labels would reflect how people actually eat, now how the manufacturer says they should. K-State Research and Extension nutrition specialist Sandy Proctor says that this is how some manufacturers have been able to, in her opinion, slip some borderline dangerous products in right under our noses. She says they will put the number of servings per package as perhaps 3.2, and then per serving would be 100 calories. But what most do not realize is that since each serving is 100 calories, you could be consuming over three times the amount of calories from the entire package than you think you are.

Proctor adds that the new labels would reflect the overall change in American eating habits over the past few decades.

The new label design would also shift the Daily Values to the left of the label so it would come first, and the footnote will be changed to more clearly explain the meaning of the Daily Values.

To learn more about the proposed changes, you can go to [fda.gov](http://fda.gov).