



**NEW YORK CITY DEPARTMENT OF HEALTH
AND MENTAL HYGIENE**
Mary T. Bassett, MD, MPH
Commissioner

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**STATEMENT FROM HEALTH COMMISSIONER DR. MARY T. BASSETT
ON THE FDA'S UPDATES TO THE NUTRITION FACTS LABEL**

May 20, 2016 — “I applaud the Food and Drug Administration (FDA) for updating the Nutrition Facts label found on most packaged foods sold in the U.S. The updated label will be easier to read, draw attention to serving size information, and make several important changes to the nutrients displayed, helping consumers be better informed and enhancing food industry transparency. I commend the FDA for their leadership in helping Americans eat healthier.”

Background on what this means for New Yorkers:

Of particular value to all New Yorkers is that added sugars will now be listed on the Nutrition Facts label in grams and as a percent Daily Value. The label will make clear that a single 20 ounce sugary drink often contains more added sugars than the recommended limit for an entire day. Sugary drinks, such as fruit drinks, sports drinks, sodas, and sweetened teas are the single largest source of added sugars in Americans’ diets and are associated with long-term weight gain and increased risk of heart disease and diabetes. In New York City, consumption of sugary drinks is higher among Black and Latino adults compared with White adults, a trend that is reflected in disparate rates of obesity and diabetes in Black and Latino communities. Additionally, the Daily Value for sodium will be reduced from 2,400 mg to 2,300 mg to align with the recommended daily limit from the 2015-2020 Dietary Guidelines for Americans, allowing consumers to more accurately track their intake of sodium. New York City adults consume 40 percent more sodium than the daily recommended limit. Excess sodium increases blood pressure and risk of heart disease and stroke.

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