



May 24, 2016 – Grand Rapids, MI

## The New Nutrition Labels

Over 20 years in the making, examined and discussed for over two years: the new Nutrition Facts labels are finally here. I'm glad. I've seen people of all ages standing in grocery stores puzzling over the labels and trying to figure out whether an item is one they should purchase or not.

Why did it take so long? The most important reason is that nutrition research takes time. Together with that, they're trying to determine what is important for an entire population. You may be gluten intolerant or allergic to eggs—that's important to you. But the USDA is responsible for every American. What's important to everyone?

In addition, everyone gets to give input. That doesn't mean just scientists and physicians; it also includes manufacturers, who may not be thrilled with letting consumers know exactly how much sugar has been added to a "natural" food. Manufacturers also like to play around with the serving size so that the total calories stay under some magic number such as 200 calories; 195 just seems so much better! All of that's over and decisions have been made.

We'll get into the details on Thursday; I'll give you my opinion on what I think is important for you to look for on these new labels. Until then, check out the link in the references to read about the new Nutrition Facts labels.

What are you prepared to do today?

***Dr. Chet***

**References:** <http://1.usa.gov/1qEOcEt>



---

## **WGUV** FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC**