FDA proposes new rules for labeling sugar

By Allison Aubrey, NPR

Sixty-five grams of added sugar. That’s how much you’ll find in a 20-ounce bottle of Coca-Cola.

But can you picture 65 grams? It’s about 16 teaspoons worth of the sweet stuff.

The Food and Drug Administration wants to make it easier for Americans to track how much added sugars we’re getting in the foods and beverages we choose.

So, in addition to a proposed requirement to list amounts of added sugars on the Nutrition Facts panels, the FDA is now proposing that companies declare a daily percent value, too.

Read the whole story