

# The New Nutrition Facts Label

## Examples of Different Label Formats

### FOR REFERENCE ONLY

For more information, visit [Changes to the Nutrition Facts Label](#).

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Example formats available in this document:

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## Standard Vertical

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Standard Vertical  
(Side-by-Side Display)**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
<hr/>	
Vit. D 2mcg 10%	• Calcium 260mg 20%
Iron 8mg 45%	• Potas. 235mg 6%
<hr/>	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Standard Vertical  
(w/ Voluntary)**

<b>Nutrition Facts</b>	
17 servings per container	
<b>Serving size</b>	<b>3/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 2mcg (80 IU)	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 115mg	2%
Vitamin A 90mcg	10%
Vitamin C 9mg	10%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 4mg	25%
Vitamin B <sub>6</sub> 0.4mg	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B <sub>12</sub> 0.6mcg	25%
Phosphorus 100mg	8%
Magnesium 25mg	6%
Zinc 3mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Tabular Format

<b>Nutrition Facts</b> 10 servings per container <b>Serving size</b> <b>2 slices (56g)</b> <b>Calories</b> <b>per serving</b> <b>170</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 36g	<b>13%</b>	
	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 2g	<b>7%</b>	
	<i>Trans Fat</i> 0.5g		Total Sugars 1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1g of Added Sugars	<b>2%</b>		
<b>Sodium</b> 280mg	<b>12%</b>	<b>Protein</b> 4g			
<small>Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10%          Thiamin 15% • Riboflavin 8% • Niacin 10%</small>					

## Aggregate Display

<b>Nutrition Facts</b>	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened
1 serving per container <b>Serving size</b> <span style="float: right;"><b>1 box</b></span>	(35g)	(19g)	(27g)
<b>Amount per serving</b> <b>Calories</b>	<b>130</b>	<b>70</b>	<b>100</b>
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>
Saturated Fat	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>
Trans Fat	0g	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	0mg <b>0%</b>	200mg <b>9%</b>	120mg <b>5%</b>
<b>Total Carbohydrate</b>	29g <b>11%</b>	17g <b>6%</b>	24g <b>9%</b>
Dietary Fiber	3g <b>11%</b>	1g <b>4%</b>	1g <b>4%</b>
Total Sugars	8g	6g	13g
Includes Added Sugars	8g <b>16%</b>	5g <b>10%</b>	13g <b>26%</b>
<b>Protein</b>	4g	1g	1g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Vitamin D	2mcg 10%	2mcg 10%
	Calcium	0mg 0%	0mg 0%
	Iron	2mg 10%	1mg 6%
	Potassium	125mg 4%	25mg 1%
	Vitamin A	0%	10%
	Vitamin C	0%	15%
	Thiamin	35%	15%
	Riboflavin	30%	10%
	Niacin	30%	10%
	Vitamin B <sub>6</sub>	30%	20%
	Vitamin B <sub>12</sub>	0%	0%
	Folate	4mg 20%	4mg 20%
	Vitamin E	30mg 1%	30mg 1%
	Vitamin K	10%	10%
	Vitamin B <sub>9</sub>	90%	90%
	Vitamin B <sub>1</sub>	25%	25%
	Vitamin B <sub>2</sub>	25%	25%
	Vitamin B <sub>3</sub>	20%	20%
	Vitamin B <sub>5</sub>	20%	20%

## Dual Column Display

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>1 cup (255g)</b>	
	<b>Per serving</b>	<b>Per container</b>	
<b>Calories</b>	<b>220</b>	<b>440</b>	
	<b>% DV*</b>	<b>% DV*</b>	
<b>Total Fat</b>	5g <b>6%</b>	10g	<b>13%</b>
Saturated Fat	2g <b>10%</b>	4g	<b>20%</b>
<i>Trans Fat</i>	0g	0g	
<b>Cholesterol</b>	15mg <b>5%</b>	30mg	<b>10%</b>
<b>Sodium</b>	240mg <b>10%</b>	480mg	<b>21%</b>
<b>Total Carb.</b>	35g <b>13%</b>	70g	<b>25%</b>
Dietary Fiber	6g <b>21%</b>	12g	<b>43%</b>
Total Sugars	7g	14g	
Incl. Added Sugars	4g <b>8%</b>	8g	<b>16%</b>
<b>Protein</b>	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Simplified Display

<b>Nutrition Facts</b>	
64 servings per container	
<b>Serving size</b>	<b>1 tbsp (14g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% DV*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium	
* %DV = %Daily Value	



**Infants through 12 Months of Age**

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 pack (70g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
<b>% Daily Value</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 74mg	
<b>Total Carbohydrate</b> 5g	<b>5%</b>
Dietary Fiber 1g	
Total Sugars 3g	
Includes 0g Added Sugars	
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg 0%	
Calcium 5mg 2%	
Iron 1mg 10%	
Potassium 230mg 35%	

## Children 1-3 Years

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 container (85g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>4%</b>
Saturated Fat 0.5g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 240mg	<b>16%</b>
<b>Total Carbohydrate</b> 11g	<b>7%</b>
Dietary Fiber 1g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>4%</b>
<b>Protein</b> 3g	<b>23%</b>
Vitamin D 0mcg	0%
Calcium 35mg	6%
Iron 0.6mg	8%
Potassium 30mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.	

### Tabular Dual Column Display

## Nutrition Facts

2 servings per container

**Serving size**  
1 cup (255g)

**Calories**

**220** | **440**

per serving | per container

	Per serving % DV*		Per container % DV*			Per serving % DV*		Per container % DV*	
<b>Total Fat</b>	5g	<b>6%</b>	10g	<b>13%</b>	<b>Total Carb.</b>	35g	<b>13%</b>	70g	<b>25%</b>
Saturated Fat	2g	<b>10%</b>	4g	<b>20%</b>	Dietary Fiber	6g	<b>21%</b>	12g	<b>43%</b>
Trans Fat	0g		0g		Total Sugars	7g		14g	
<b>Cholesterol</b>	15mg	<b>5%</b>	30mg	<b>10%</b>	Incl. Added Sugars	4g	<b>8%</b>	8g	<b>16%</b>
<b>Sodium</b>	240mg	<b>10%</b>	480mg	<b>21%</b>	<b>Protein</b>	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%	Iron	1mg	6%	2mg	10%
Calcium	200mg	15%	400mg	30%	Potassium	470mg	10%	940mg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Tabular Display for Small Packages

<b>Nutrition Facts</b>	<b>Amount/serving</b>		<b>Amount/serving</b>	
		<b>% DV</b>		<b>% DV</b>
5 servings per container	<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb.</b> 15g	<b>5%</b>
	Sat. Fat 1g	<b>5%</b>	Fiber 0g	<b>0%</b>
<b>Serving size</b> <b>1/6 cup (28g)</b>	<i>Trans</i> Fat 0.5g		Total Sugars 14g	
	<b>Cholesterol</b> 10mg	<b>3%</b>	Incl. 13g Added Sugars	<b>26%</b>
<b>Calories</b> <b>per serving 90</b>	<b>Sodium</b> 200mg	<b>9%</b>	<b>Protein</b> 3g	
	Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%			

### Linear Display for Small Packages

**Nutrition Facts** Servings: 12, **Serv. size: 1 mint (2g),**  
Amount per serving: **Calories 5**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV),  
*Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 2g (1% DV),  
Fiber 0g (0% DV), Total Sugars 2g (Incl. 2g Added Sugars, 4% DV), **Protein** 0g,  
Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (5% DV).