

The New Nutrition Facts Label

Examples of Different Label Formats

FOR REFERENCE ONLY

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

Standard Vertical

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 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)**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vit. D 2mcg 10% • Calcium 260mg 20%	
Iron 8mg 45% • Potas. 235mg 6%	
* 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)**

Nutrition Facts	
17 servings per container	
Serving size	3/4 cup (28g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 9g	18%
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 ₆ 0.4mg	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B ₁₂ 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

Nutrition Facts 10 servings per container Serving size 2 slices (56g) Calories per serving 170	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<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>
	Total Fat 1.5g	2%	Total Carbohydrate 36g	13%	
	Saturated Fat 0.5g	3%	Dietary Fiber 2g	7%	
	<i>Trans Fat</i> 0.5g		Total Sugars 1g		
Cholesterol 0mg	0%	Includes 1g of Added Sugars	2%		
Sodium 280mg	12%	Protein 4g			
<small>Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10% Thiamin 15% • Riboflavin 8% • Niacin 10%</small>					

Aggregate Display

Nutrition Facts	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened
1 serving per container			
Serving size 1 box	(35g)	(19g)	(27g)
Amount per serving			
Calories	130	70	100
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%
Sodium	0mg 0%	200mg 9%	120mg 5%
Total Carbohydrate	29g 11%	17g 6%	24g 9%
Dietary Fiber	3g 11%	1g 4%	1g 4%
Total Sugars	8g	6g	13g
Includes Added Sugars	8g 16%	5g 10%	13g 26%
Protein	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%	0mcg 0%
	Calcium	0mg 0%	0mg 0%
	Iron	2mg 10%	4mg 20%
	Potassium	125mg 4%	30mg 1%
	Vitamin A	0%	10%
	Vitamin C	0%	15%
	Thiamin	35%	15%
	Riboflavin	30%	10%
	Niacin	30%	10%
	Vitamin B ₆	30%	20%

Dual Column Display

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

Nutrition Facts	
64 servings per container	
Serving size	1 tbsp (14g)
Amount per serving	
Calories	130
	% DV*
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans</i> Fat 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 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

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

Children 1-3 Years

Nutrition Facts	
1 serving per container	
Serving size	1 container (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1.5g	4%
Saturated Fat 0.5g	5%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 240mg	16%
Total Carbohydrate 11g	7%
Dietary Fiber 1g	7%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 3g	23%
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*	
Total Fat	5g	6%	10g	13%	Total Carb.	35g	13%	70g	25%
Saturated Fat	2g	10%	4g	20%	Dietary Fiber	6g	21%	12g	43%
Trans Fat	0g		0g		Total Sugars	7g		14g	
Cholesterol	15mg	5%	30mg	10%	Incl. Added Sugars	4g	8%	8g	16%
Sodium	240mg	10%	480mg	21%	Protein	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

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