



Reference Values for Nutrition Labeling

(Based on a 2000 Calorie Intake; for Adults and Children 4 or More Years of Age)

Nutrient	Unit of Measure	Daily Values
Total Fat	grams (g)	65
Saturated fatty acids	grams (g)	20
Cholesterol	milligrams (mg)	300
Sodium	milligrams (mg)	2400
Potassium	milligrams (mg)	3500
Total carbohydrate	grams (g)	300
Fiber	grams (g)	25
Protein	grams (g)	50

Nutrient	Unit of Measure	Daily Values
Vitamin A	International Unit (IU)	5000
Vitamin C	milligrams (mg)	60
Calcium	milligrams (mg)	1000
Iron	milligrams (mg)	18
Vitamin D	International Unit (IU)	400
Vitamin E	International Unit (IU)	30
Vitamin K	micrograms (µg)	80
Thiamin	milligrams (mg)	1.5
Riboflavin	milligrams (mg)	1.7
Niacin	milligrams (mg)	20
Vitamin B ₆	milligrams (mg)	2.0
Folate	micrograms (µg)	400
Vitamin B ₁₂	micrograms (µg)	6.0
Biotin	micrograms (µg)	300
Pantothenic acid	milligrams (mg)	10
Phosphorus	milligrams (mg)	1000