

Guidance for Industry: A Food Labeling Guide (15. Appendix G: Daily Values for Infants, Children Less Than 4 Years of Age, and Pregnant and Lactating Women)

January 2013

This document also available [en Español \(Spanish\) \(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm247937.htm\)](#), [العربية \(Arabic PDF, 1.29MB\) \(/downloads/Food/GuidanceRegulation/UCM254428.pdf\)](#), [हिंदी \(Hindi PDF, 1.46 MB\) \(/downloads/Food/GuidanceRegulation/UCM254429.pdf\)](#), [简化中国 \(Simplified Chinese PDF, 2.85MB\) \(/downloads/Food/GuidanceRegulation/UCM254432.pdf\)](#), [日本人 \(Japanese PDF, 1.23MB\) \(/downloads/Food/GuidanceRegulation/UCM254435.pdf\)](#)

[Return to table of contents](#)

[\(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm#toc\)](#)

The document below is available in several foreign language(s). FDA offers these translations as a service to a broad international audience. We hope that you find these translations useful. While the agency has attempted to obtain translations that are as faithful as possible to the English version, we recognize that the translated versions may not be as precise, clear, or complete as the English version. The official version of this document is the English version.

These values have not been codified, but have been published in the Federal Register to provide guidance to manufacturers for the nutrients listed (58 FR 2206 at 2213; January 6, 1993). The abbreviation "IU" is used for International Units, "mg" for milligrams, and "mcg" for micrograms. The abbreviation "µg" may also be used for micrograms. Also, the agency has modified the units of measure for four nutrients. Calcium and phosphorus values are expressed in mg and biotin and folate values in mcg (60 FR 67164 to 67174).

Vitamin or Mineral	Infants	Less than 4 Years	Pregnant and Lactating Women	Units of Measure
Vitamin A	1,500	2,500	8,000	IU

Vitamin C	35	40	60	mg
Calcium	600	800	1,300	mg
Iron	15	10	18	mg
Vitamin D	400	400	400	IU
Vitamin E	5	10	30	IU
Thiamin	0.5	0.7	1.7	mg
Riboflavin	0.6	0.8	2.0	mg
Niacin	8	9	20	mg
Vitamin B6	0.4	0.7	2.5	mg
Folate	100	200	800	mcg
Vitamin B12	2	3	8	mcg
Biotin	50	150	300	mcg
Pantothenic acid	3	5	10	mg
Phosphorus	500	800	1,300	mg
Iodine	45	70	150	mcg
Magnesium	70	200	450	mg
Zinc	5	8	15	mg
Copper	0.6	1.0	2.0	mg

For questions regarding this document, contact the Center for Food Safety and Applied Nutrition (CFSAN) at 240-402-2371.

More in Labeling & Nutrition

[\(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/default.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/default.htm)

Changes to the Nutrition Facts Label

[\(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm)

Food Labeling Guide

[\(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm\)](/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006828.htm)

Topic-Specific Labeling Information**(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006864.htm)****Menu and Vending Machines Labeling Requirements****(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm217762.htm)****Small Business Nutrition Labeling Exemption****(/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm2006867.htm)**