

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
21 CFR 101.9(d)(12)

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%
Trans 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 240mg	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.	

Vertical Display with Micronutrients Listed Side-by-Side
21 CFR 101.9(d)(12)

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%
Trans 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. 240mg 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.	

Vertical Display Including Some Voluntary Nutrients

21 CFR 101.9(d)(12)

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%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Fluoride 0mg	
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 110mg	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%
Choline 60mg	10%
* 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
21 CFR 101.9(d)(11)(iii)

<

*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.

Aggregate Display
21 CFR 101.9(d)(13)(ii)

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%	2mcg 10%	0mcg 0%
	Calcium	0mg 0%	0mg 0%	0mg 0%
	Iron	2mg 10%	1mg 6%	4mg 20%
	Potassium	120mg 2%	80mg 2%	30mg 0%
	Vitamin A	0%	10%	10%
	Vitamin C	0%	15%	90%
	Thiamin	35%	15%	25%
	Riboflavin	30%	10%	25%
	Niacin	30%	10%	20%
	Vitamin B ₆	30%	20%	20%

Dual Column Display, Per Serving and Per Container
21 CFR 101.9(e)(6)(i)

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
Calories	Per serving		Per container
	220		440
	% DV*		% DV*
Total Fat	5g	6%	10g 13%
Saturated Fat	2g	10%	4g 20%
Trans Fat	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%
<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>			

Infants through 12 Months of Age
21 CFR 101.9(j)(5)(ii)(B)

Nutrition Facts	
4 servings per container	
Serving size	1 pack (70g)
<hr/>	
Amount per serving	
Calories	25
<hr/>	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 75mg	
Total Carbohydrate 5g	5%
Dietary Fiber 1g	
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 0g	0%
<hr/>	
Vitamin D 0mcg	0%
Calcium 10mg	4%
Iron 1mg	10%
Potassium 230mg	35%

Children 1-3 Years
21 CFR 101.9(j)(5)(iii)(A)

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%
Trans Fat 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 40mg	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
21 CFR 101.9(e)(6)(ii)

Nutrition Facts

2 servings per container

Serving size
1 cup (255g)

Calories

220 **440**
per serving per container

	Per serving % DV*		Per container % DV*	
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
<i>Trans</i> Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	21%
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%

	Per serving % DV*		Per container % DV*	
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	
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.

Tabular Display for Small or Intermediate-Sized Packages
21 CFR 101.9(j)(13)(ii)(A)(1)

<div>Nutrition Facts</div> <div>about 3 servings per container</div> <div>Serving size 1/3 cup (56g)</div> <div>Calories per serving 90</div>	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 2g	3%	Total Carb. 15g	5%
	Sat. Fat 1g	5%	Fiber 0g	0%
	Trans Fat 0.5g		Total Sugars 14g	
	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 or Intermediate-Sized Packages

21 CFR 101.9(j)(13)(ii)(A)(2)

<p>Nutrition Facts Servings: 12, Serv. size: 1 mint (2g), Amount per serving: Calories 5, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), <i>Trans</i> 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. (6% DV).</p>
--

Dual Columns, Two Forms of the Same Food
21 CFR 101.9(e)(5)

Nutrition Facts			
12 servings per container			
Serving size		1/4 cup dry mix (44g)	
	Per 1/4 cup dry mix	Per baked portion	
Calories	170	300	
	% DV*	% DV*	
Total Fat	1.5g 2%	16g 21%	
Saturated Fat	1g 5%	5g 25%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	60mg 20%	
Sodium	300mg 13%	375mg 16%	
Total Carb.	36g 13%	36g 13%	
Dietary Fiber	<1g 2%	<1g 2%	
Total Sugars	18g	18g	
Incl. Added Sugars	18g 36%	18g 36%	
Protein	2g	3g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	100mg 8%	100mg 8%	
Iron	1mg 6%	1mg 6%	
Potassium	40mg 0%	40mg 0%	
<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>			

Dual Columns, Per Serving and Per Unit
21 CFR 101.9(e)(6)(i)

Nutrition Facts					
12 servings per container					
Serving size			1/2 muffin (144g)		
Calories		Per 1/2 muffin		Per 1 muffin	
		380		760	
		% DV*		% DV*	
Total Fat		16g	21%	32g	41%
Saturated Fat		3g	15%	6g	30%
Trans Fat		0g		0g	
Cholesterol		50mg	17%	100mg	33%
Sodium		480mg	21%	960mg	42%
Total Carb.		56g	20%	112g	41%
Dietary Fiber		2g	7%	4g	14%
Total Sugars		32g		64g	
Incl. Added Sugars		30g	60%	60g	120%
Protein		3g		6g	
Vitamin D	0.1mcg	0%		0.2mcg	2%
Calcium	40mg	4%		80mg	6%
Iron	2mg	10%		4mg	20%
Potassium	190mg	4%		380mg	8%
<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>					

Dual Column Display for 2 Different RDI Groups
21 CFR 101.9(e)(5)

Nutrition Facts			
12 servings per container (age 4+ years)			
16 servings per container (age 1-3 years)			
Serving size 1 cup (28g) (age 4+ years)			
¾ cup (21g) (age 1-3 years)			
Calories	Age 4+ years		Age 1-3 years
	100		80
	% DV*		% DV**
Total Fat	2g	3%	1.5g 4%
Saturated Fat	0.5g	3%	0g 0%
Trans Fat	0g		0g
Polyunsaturated Fat	0.5g		0.5g
Monounsaturated Fat	0.5g		0.5g
Cholesterol	0mg	0%	0mg 0%
Sodium	140mg	6%	105mg 7%
Total Carb.	20g	7%	15g 10%
Dietary Fiber	3g	11%	2g 14%
Soluble Fiber	1g		1g
Total Sugars	1g		1g
Incl. Added Sugars	1g	2%	1g 4%
Protein	3g		2g 15%
Vitamin D	2mcg	10%	1.5mcg 10%
Calcium	130mg	10%	100mg 15%
Iron	8mg	45%	6mg 90%
Potassium	240mg	6%	180mg 6%
Vitamin A	90mcg	10%	70mcg 25%
Vitamin C	9mg	10%	7mg 45%
Thiamin	0.3mg	25%	0.2mg 40%
Riboflavin	0mg	0%	0mg 0%
Niacin	4mg	25%	3mg 50%
Vitamin B ₆	0.4mg	25%	0.3mg 60%
Folate (folic acid)		50%	100%
	(120mcg)		(90mcg)
Vitamin B ₁₂	0.5mcg	25%	0.4mcg 45%
Phosphorus	130mg	10%	100mg 20%
Magnesium	35mg	8%	25mg 30%
Zinc	3mg	25%	2.3mg 80%
<p>* 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.</p> <p>** 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 for children 1-3 years.</p>			