

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%
<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 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)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% 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	
<hr/>	
Vit. D 2mcg 10%	• Calcium 260mg 20%
Iron 8mg 45%	• Potas. 240mg 6%
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* 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%
<i>Trans</i> 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)

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

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%
<i>Trans</i> 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%
	Calcium	0mg 0%	0mg 0%
	Iron	2mg 10%	1mg 6%
	Potassium	120mg 2%	80mg 2%
	Vitamin A	0%	10%
	Vitamin C	0%	15%
	Thiamin	35%	15%
	Riboflavin	30%	10%
	Niacin	30%	10%
	Vitamin B ₆	30%	20%
			0mcg 0%
			0mg 0%
			4mg 20%
			30mg 0%
			10%
			90%
			25%
			25%
			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)	
	Per serving	Per container	
Calories	220	440	
	% DV*	% 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%
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
21 CFR 101.9(f)

Nutrition Facts	
64 servings per container	
Serving size	1 tbsp (14g)
Amount per serving	
Calories	130
	<small>% DV*</small>
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	
<small>* %DV = %Daily Value</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)
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Amount per serving	
Calories	25
<hr/>	
	% 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%
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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%
<i>Trans</i> 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*			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 or Intermediate-Sized Packages
21 CFR 101.9(j)(13)(ii)(A)(1)

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	5 servings per container	Total Fat 2g	3%	Total Carb. 15g
Serving size 1/6 cup (28g)	Sat. Fat 1g	5%	Fiber 0g	0%
Calories per serving 90	<i>Trans</i> 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)

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. (6% DV).

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%
<i>Trans Fat</i>	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%

* 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.

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)	
	Per 1/2 muffin	Per 1 muffin	
Calories	380	760	
	% DV*	% DV*	
Total Fat	16g 21%	32g 41%	
Saturated Fat	3g 15%	6g 30%	
<i>Trans</i> 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	0.1 mcg 0%	0.2mcg 2%	
Calcium	40mg 4%	80mg 6%	
Iron	2mg 10%	4mg 20%	
Potassium	190mg 4%	380mg 8%	

* 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.

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)

	Age 4+ years	Age 1-3 years
Calories	100	80
	% DV*	% DV**
Total Fat	2g 3%	1.5g 4%
Saturated Fat	0.5g 3%	0g 0%
<i>Trans</i> 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% (200mcg)	100% (150mcg)
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%

* 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.
** 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.