

Examples of FDA Proposed Nutrition Info Boxes

1. Nutrition Info box containing all proposed requirements.
2. Nutrition Info box alongside calorie information.
3. Nutrition Info box for intermediate-sized food packages (40 or fewer square inches available to bear labeling).
4. Nutrition Info box reflecting “as packaged” nutrition information for products presenting a dual-column Nutrition Facts label that shows “as packaged” and “as prepared” nutrition information.
5. Nutrition Info boxes for products that are allowed to use an aggregate display for the Nutrition Facts label--i.e., products that contain two or more separately packaged foods that are intended to be eaten individually (e.g., a variety pack of cereals) or of packages that are used interchangeably for the same type of food (e.g., round ice cream containers).

1

Nutrition Info		
Per serving 1 container		%Daily Value
Saturated Fat	18%	Med
Sodium	37%	High
Added Sugars	5%	Low
FDA.gov		

2

Nutrition Info		
Per serving 5 cookies		%Daily Value
Saturated Fat	25%	High
Sodium	5%	Low
Added Sugars	10%	Med
FDA.gov		

160
CALORIES

3

Nutrition Info		
Sat. Fat		Med
Sodium		High
Add. Sugar		Low
FDA.gov		

4

Nutrition Info		
Per serving 5 cookies		%Daily Value
Saturated Fat	25%	High
Sodium	5%	Low
Added Sugars	10%	Med
FDA.gov		

160 Calories

As Packaged		
Nutrition Info		
Per serving 1 container		%Daily Value
Saturated Fat	18%	Med
Sodium	37%	High
Added Sugars	5%	Low
FDA.gov		

5

Wheat Squares Sweetened		
Per serving 1 cup		%Daily Value
Saturated Fat	0%	Low
Sodium	0%	Low
Added Sugars	22%	High
FDA.gov		

Corn Flakes Not Sweetened		
Per serving 1 1/2 cup		%Daily Value
Saturated Fat	0%	Low
Sodium	13%	Med
Added Sugars	8%	Med
FDA.gov		

Mixed Grain Flakes Sweetened		
Per serving 1 cup		%Daily Value
Saturated Fat	0%	Low
Sodium	7%	Med
Added Sugars	10%	Med
FDA.gov		