

The New Nutrition Facts Label

Examples of Different Label Formats

FOR REFERENCE ONLY

For more information, visit [Changes to the Nutrition Facts Label](#).

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

	Nutrition Facts	← Bold, no smaller than all other point sizes except numerical value for "Calories"
No smaller than 10 pt with 1 pt of leading	8 servings per container	
Bold, no smaller than 10 pt ¹	Serving size 2/3 cup (55g)	
	<hr/>	← 7 pt rule
Bold, no smaller than 6 pt	Amount per serving	
Bold, no smaller than 16 pt	Calories 230	← Bold, no smaller than 22 pt
3 pt rule	<hr/>	
	% Daily Value*	← Bold, no smaller than 6 pt
	Total Fat 8g 10%	
No smaller than 8 pt with 4 pt of leading ²	→ Saturated Fat 1g 5%	
	Trans Fat 0g	
Bold, no smaller than 8 pt with 4 pt of leading ³	Cholesterol 0mg 0%	
¼ pt rule centered between nutrients (2 pt leading above and below)	Sodium 160mg 7%	← Bold, no smaller than 8 pt ⁴
	Total Carbohydrate 37g 13%	
	Dietary Fiber 4g 14%	
Shortened rule above	Total Sugars 12g	← All labels enclosed by ½ point box rule within 3 point of text measure
Added Sugars declaration	Includes 10g Added Sugars 20%	
	Protein 3g	← 7 pt rule
	Vit. D 2mcg 10% • Calcium 260mg 20%	
	Iron 8mg 45% • Potas. 235mg 6%	← No smaller than 8 pt with 4 pt of leading and 8 pt bullets ⁵
No smaller than 6 pt with 1 pt of leading	* 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.	

† Text in bold font is Helvetica Black; text not bolded is Helvetica Regular; leading may be "at least" the point size indicated in all instances

¹ "Serving size" declaration may be decreased to no smaller than 8 pt bold if additional space is needed for the declaration

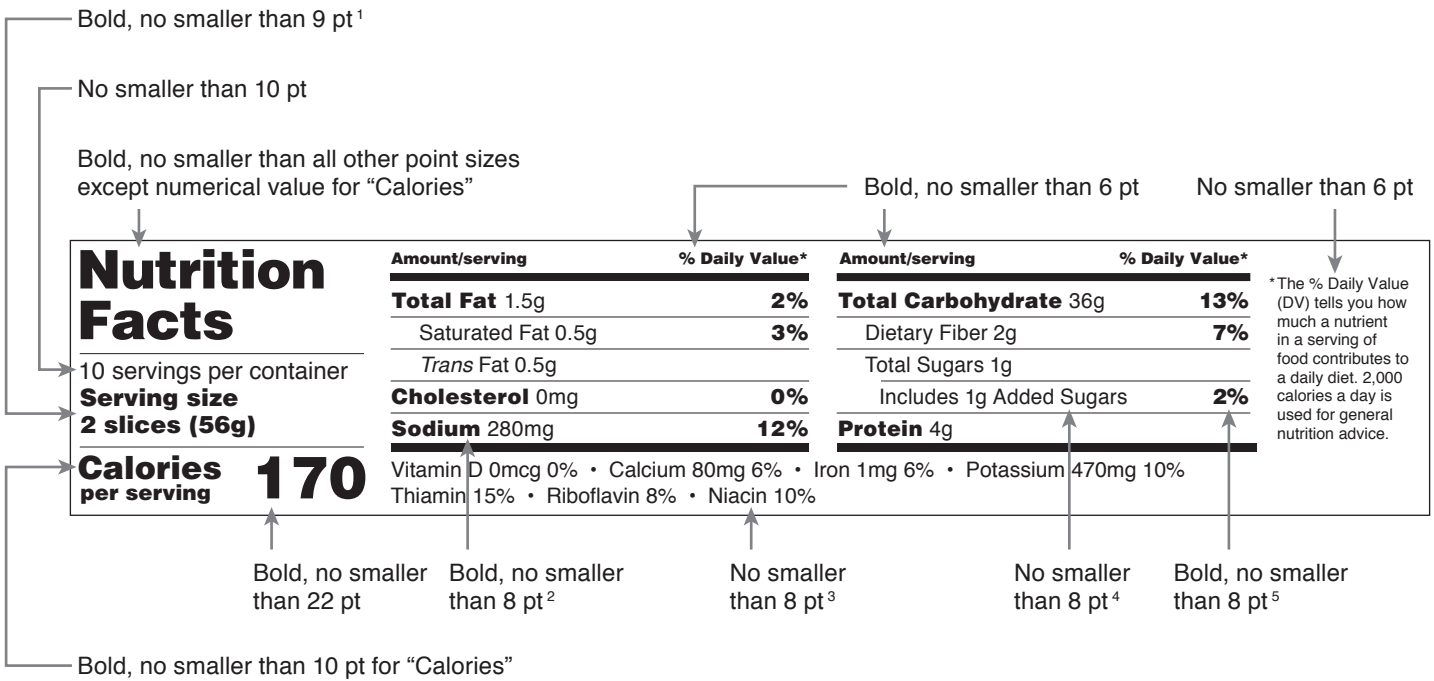
² Saturated fat, *Trans* Fat, Dietary Fiber, Total Sugars, Added Sugars, voluntary nutrients (if listed) and their g/mg values: No smaller than 8 pt with 4 pt of leading

³ Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Protein: Bold, no smaller than 8 pt with 4 pt of leading

⁴ % Daily Values for nutrients that appear between 7 point rules: Bold, no smaller than 8 pt.

⁵ Vit. D, Calcium, Iron, Potas., voluntary nutrients (if listed) and their mg/mcg values and % Daily Values: No smaller than 8 pt and with 4 pt of leading

Tabular Format†
21 CFR 101.9(d)(11)(iii)



† Text in bold font is Helvetica Black; text not bolded is Helvetica Regular in all instances

¹ “Serving size” declaration may be decreased to no smaller than 8 pt bold if additional space is needed for the declaration

² Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Protein: Bold, no smaller than 8 pt

³ Vitamin D, Calcium, Iron, Potassium, voluntary nutrients (if listed) and their mg/mcg values and % Daily Values: No smaller than 8 pt

⁴ Saturated fat, *Trans* Fat, Dietary Fiber, Total Sugars, Added Sugars, voluntary nutrients (if listed) and their g/mg values: No smaller than 8 pt

⁵ % Daily Values for nutrients between thick bars: Bold, no smaller than 8 pt

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%
<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.

† Text in bold font is Helvetica Black; text not bolded is Helvetica Regular; leading may be “at least” the point size indicated in all instances

¹ “Serving size” declaration may be decreased to no smaller than 8 pt bold if additional space is needed for the declaration

² Saturated fat, *Trans* Fat, Dietary Fiber, Total Sugars, Added Sugars, voluntary nutrients (if listed) and their g/mg values: No smaller than 8 pt with 4 pt of leading

³ Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Protein: Bold, no smaller than 8 pt with 4 pt of leading

⁴ % Daily Values for nutrients that appear between 7 point rules: Bold, no smaller than 8 pt

⁵ Vit. D, Calcium, Iron, Potas., voluntary nutrients (if listed) and their mg/mcg values and % Daily Values: No smaller than 8 pt and with 4 pt of leading

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

	Bold, no smaller than all other point sizes except numerical value for "Calories"			Bold, no smaller than 6 pt	
	Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	5 servings per container	Total Fat 2g	3%	Total Carb. 15g	5%
No smaller than 9 pt	Serving size 1/6 cup (28g)	Sat. Fat 1g	5%	Fiber 0g	0%
Bold, no smaller than 9 pt ¹	Calories per serving 90	<i>Trans</i> Fat 0.5g		Total Sugars 14g	
Bold, no smaller than 10 pt for "Calories"		Cholesterol 10mg	3%	Incl. 13g Added Sugars	26%
		Sodium 200mg	9%	Protein 3g	
		Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%			
		Bold, no smaller than 14 pt	No smaller than 8 pt ⁵	Bold, no smaller than 8 pt ⁴	

Bold, no smaller than 8 pt²

No smaller than 8 pt³

[†] Text in bold font is Helvetica Black; text not bolded is Helvetica Regular in all instances

¹ "Serving size" declaration may be decreased to no smaller than 8 pt bold if additional space is needed for the declaration

² % Daily Values for nutrients between thick bars: Bold, no smaller than 8 pt

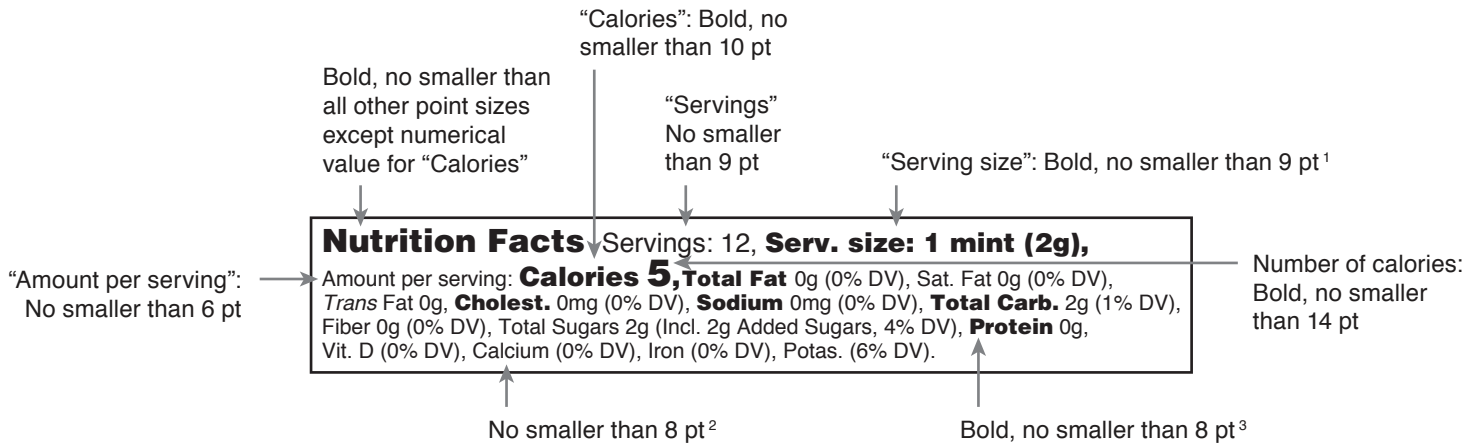
³ Sat. Fat, *Trans* Fat, Fiber, Total Sugars, Added Sugars, voluntary nutrients (if listed) and all g/mg values: No smaller than 8 pt

⁴ Total Fat, Cholesterol, Sodium, Total Carb. and Protein: Bold, no smaller than 8 pt

⁵ Vitamin D, Calcium, Iron, Potassium, voluntary nutrients (if listed) and their % Daily Values: No smaller than 8 pt

**Linear Display for Small or Intermediate-Sized Packages
(with nutrients in 8 point font)[†]**

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



[†] Text in bold font is Helvetica Black; text not bolded is Helvetica Regular in all instances

¹ "Serving size" declaration may be decreased to no smaller than 8 pt bold if additional space is needed for the declaration

² Sat. fat, *Trans Fat*, Fiber, Total Sugars, Added Sugars, Vit. D, Calcium, Iron, Potas., voluntary nutrients (if listed) and all g/mg values and % Daily Values: No smaller than 8 pt

³ Total Fat, Cholest., Sodium, Total Carb., Protein: Bold, no smaller than 8 pt

**Linear Display for Small Packages
(with < 12 sq. in. of labelling space)†**

21 CFR 101.9(j)(13)(i)(B)

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).

† Text in bold font is Helvetica Black; text not bolded is Helvetica Regular in all instances; all type sizes are 6 point