

New FDA Compliant Nutrition Facts Panel (Fully Editable)

Manufacturers will have until **July 26, 2018** to comply with the final requirements, and manufacturers with less than \$10 million in annual food sales will have an additional year to make the changes.

Servings: larger, bolder type

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 235mg 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.

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

Standard Vertical (Side-by-Side Display)

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. 235mg 6%

Standard Vertical (w/ Voluntary)

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%
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 115mg	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%

Simplified Display

Nutrition Facts	
64 servings per container	
Serving size 1 tbsp (14g)	
Amount per serving	
Calories 130	
% DV*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Tabular Format

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	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)	Trans Fat 0.5g		Total Sugars 1g	
Calories 170	Cholesterol 0mg	0%	Includes 1g of Added Sugars	2%
per serving	Sodium 280mg	12%	Protein 4g	
	Vitamin D 0mcg 0%	Calcium 80mg 6%	Iron 1mg 6%	Potassium 470mg 10%
	Thiamin 15%	Riboflavin 8%	Niacin 10%	

Linear Display for Small Packages

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. (5% DV).

Tabular Display for Small Packages

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 2g	3%	Total Carb. 15g	5%
5 servings per container	Sat. Fat 1g	5%	Fiber 0g	0%
Serving size 1/6 cup (28g)	Trans Fat 0.5g		Total Sugars 14g	
Calories 90	Cholesterol 10mg	3%	Incl. 13g Added Sugars	26%
per serving	Sodium 200mg	9%	Protein 3g	
	Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%			

Aggregate Display

Nutrition Facts	1 serving per container	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened		
	Serving size 1 box				(35g)	(19g)
Amount per serving						
Calories						
% 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	
Vitamin D	2mcg	10%	2mcg	10%	0mcg	0%
Calcium	0mg	0%	0mg	0%	0mg	0%
Iron	2mg	10%	1mg	6%	4mg	20%
Potassium	125mg	4%	25mg	1%	30mg	1%
Vitamin A	0%		0%		10%	10%
Vitamin C	0%		0%		90%	90%
Thiamin	35%		15%		25%	25%
Riboflavin	30%		10%		25%	25%
Niacin	30%		10%		20%	20%
Vitamin B ₆	30%		20%		20%	20%

Dual Column Display

Nutrition Facts				
2 servings per container				
Serving size 1 cup (255g)				
Amount per serving				
Calories 220				
% 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%

Tabular Dual Column Display

Nutrition Facts	Per serving % DV*	Per container % DV*	Per serving % DV*	Per container % 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%
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
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%

Dual Columns, Per Serving and Per Unit

Dual Columns, Two Forms of the Same Food

Nutrition Facts				
12 servings per container				
Serving size 1/2 muffin (114g)				
Amount per serving				
Calories 380				
% 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%

Nutrition Facts				
12 servings per container				
Serving size 1/4 cup dry mix (44g)				
Amount per serving				
Calories 170				
% 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	45mg	0%	45mg	0%

Infants through 12 Months of Age

Children 1-3 Years

Nutrition Facts	
4 servings per container	
Serving size 1 pack (70g)	
Amount per serving	
Calories 25	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 74mg	5%
Total Carbohydrate 5g	5%
Dietary Fiber 1g	
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 5mg	2%
Iron 1mg	10%
Potassium 230mg	35%

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 35mg	6%
Iron 0.6mg	8%
Potassium 30mg	0%

Below are the Current Nutrition Facts Panels They will be Phased Out Entirely by July 26th, 2019

This nutritional panel packs a lot of info in a small horizontal format and takes advantage of the many unusual nutrients the product has.

Nutrition Facts	Amount/Serving %DV*	Amount/Serving %DV*	Amount/Serving %DV*		
	Total Fat 9.5g	15%	Potassium 148mg	4%	
Serv. Size 1 bar (45g)	Sat. Fat 2g	9%	Total Carb. 19g	6%	
Calories 185	Trans Fat 0g	0%	Sugars 5g	3%	
Calories from Fat 85	Cholesterol 0mg	0%	Dietary Fiber 14g	55%	
	Sodium 72mg	3%	Protein 5.5g	11%	
	Vitamin B5 9%	Vitamin D 3%	Vitamin E 8%	Magnesium 2.5%	Copper 26%
	Zinc 12%	Selenium 16%	Molybdenum 37%	Phosphorus 60%	

Abbreviated Version with Regular Helvetica

Nutrition Facts	Amount/Serving %DV*	Amount/Serving %DV*		
	Total Fat 9.5g	15%	Total Carb. 19g	6%
Serv. Size 1 bar (45g)	Sat. Fat 2g	9%	Dietary Fiber 14g	55%
Calories 185	Trans Fat 0g	0%	Sugars 5g	
Calories from Fat 85	Cholesterol 0mg	0%	Protein 5.5g	
	Sodium 72mg	3%		
	Vitamin A 22%	Vitamin C 1.5%	Calcium 3%	Iron 2%

The classic abbreviated vertical nutrition label.

When vitamins, fiber and sugar are basically zero you can us this format

Regular Helvetica Version with Dropped Poly and Mono and added A, C, Iron, Calcium, Sugars and Fiber

French Canadian Version

Nutrition Facts	
Serving Size: 1 second spray (.5 ml)	
Serving Per Container: 354	
Amount Per Serving	
Calories: 4	
Cal from Fat: 4	
% Daily Value*	
Total Fat Less than 1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Vitamin A 4%	Vitamin C 4%
Calcium 10%	Iron 4%

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