

Nutrition Facts Templates

3 common styles - as derived from FDA website.

(excerpted from the FDA website <http://www.cfsan.fda.gov/~dms/2lg-7b.html>)

"A FOOD LABELING GUIDE"/VII: Nutrition Labeling/L2)

For further information, or to determine the information you should use on your label, please visit the FDA website.

1. Overall

* Nutrition Facts label is boxed with all black or one color type printed on a white or neutral background.

2. Typeface and Size

1. The Nutrition Facts label uses 6 point or larger Helvetica Black and/or Helvetica Regular type. In order to fit some formats the typography may be kerned as much as -4 (tighter kerning reduces legibility).

2. Key nutrients & their % Daily Value are set in 8 point Helvetica Black (but "%" is set in Helvetica Regular).

3. Nutrition Facts is set in either Franklin Gothic Heavy or Helvetica Black to fit the width of the label flush left and flush right.

4. Serving Size and Servings per container are set in 8 point Helvetica Regular with 1 point of leading.

5. The table labels (for example, "Amount per Serving") are set in 6 point Helvetica Black.

6. Absolute measures of nutrient content (for example, "1g") and nutrient subgroups are set in 8 point Helvetica Regular with 4 points of leading.

7. Vitamins and minerals are set in 8 point Helvetica Regular, with 4 points of leading, separated by 10 point bullets.

8. All type that appears under vitamins and minerals is set in 6 point Helvetica Regular with 1 point of leading.

3. Rules

1. A 7 point rule separates large groupings as shown in the example. A 3 point rule separates calorie information from the nutrient information.

2. A hairline rule or ¼ point rule separates individual nutrients, as shown in the example. The top half of the label (nutrient information) has 2 points of leading between the type and the rules, the bottom half of the label (footnotes) has 1 point of leading between the type and the rules.

4. Box

* All labels are enclosed by ½ point box rule within 3 points of text measure.

Small Packages and Intermediate-Sized Packages (21 CFR 101.9(j)(13))

125. L125. What are the special labeling provisions for small and intermediate-sized packages?

Answer: Food packages with a surface area of 40 sq. in. or less available for labeling may place the Nutrition Facts label on any label panel (not limited to the information panel), may omit the footnote required in 21 CFR 101.9(d)(9) if an asterisk is placed at the bottom of the label with the statement "Percent Daily Values are based on a 2,000 calorie diet," and, may also use the tabular display label format.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 2g	3%	Total Carb 0g	0%
Serving Size 1/3 cup (56g)	Sat. Fat 1g	5%	Fiber 0g	0%
Servings about 3	Trans Fat 0.5g		Sugars 0g	
Calories 90	Cholest. 10mg	3%	Protein 17g	
Fat Cal. 20	Sodium 200mg	3%		
*Percent Daily Values (DV are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%				

L126. Is there another special labeling provision if the tabular display label does not fit on small and intermediate-sized packages?

Answer: A linear (string) format may be used on food packages with 40 sq. in. or less total surface area available for labeling if the package shape or size cannot accommodate the nutrition information placed in columns on any label panel.

Nutrition Facts	Serv. Size: 1 package, Amount Per Serving: Calories 45, Fat Cal. 10, Total Fat 1g (2% DV), Sat. Fat 0.5g (3% DV) Trans Fat 0.5g, Cholest. 0mg (0% DV), Sodium 50mg (2% DV), Total Carb. 8g (3% DV), Fiber 1g (4% DV), Sugars 4g, Protein 1g, Vitamin A (8% DV), Vitamin C (8% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
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Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 65g 80g
Cholesterol	Less than 65g 80g
Sodium	Less than 65g 80g
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g