



The FDA's sweeping changes to nutritional labeling will require food and beverage manufacturers to update their Nutrition Facts Panel (NFP) and associated marketing claims by July 26, 2018 (pending FDA announcement of planned deadline extension).

Our partner, Prime Label Consultants, has prepared this helpful style guide along with examples of different label formats for illustrative purposes only.

NFP format selection and the proper use of product claims is complex and must meet demanding regulatory laws for compliance.

To learn more about our partner, please visit www.primelabel.com.

www.sgsco.com

2016 Nutrition Facts Style Guide

Nutrition Facts	
17 servings per container	
Serving size	3/4 cup (33g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 9g	
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 115mg	2%
* 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	

Annotations for the Nutrition Facts Panel:

- Spans entire block
- Minimum 16 point font
- Right justify
- Minimum 10 point font †
- 7 point rule
- Minimum 6 point font
- Minimum 16 point font
- 3 point rule
- Minimum 22 point font
- Minimum 6 point font
- Exterior hairline: 1/2 point rule, 3 points of text
- Interior hairline: 1/4 point rule centered, 2 points leading above, 2 points leading below
- 7 point rule
- 3 point rule
- Always optional
- Minimum 8 point font
- Minimum 10 point font †
- Minimum 6 point font
- 1 point leading between text
- Indent text & top hairline

 Regular font
 Bold or ExtraBold
 Italic (optional)

† If using 10 point for the serving size declaration causes the NFP to be wider than required to accommodate all other elements of the NFP, then a font as small as 8 point may be used instead.

** Final formats pending FDA publication of Appendix B guidance.

Standard Formats

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 14g	18%	Total Carbohydrate 23g	8%
Saturated Fat 2g	10%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 12g	
Cholesterol 0mg	0%	Includes 7g Added Sugars	14%
Sodium 15mg	1%	Protein 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.			

3.5 servings per container
Serving size 1/4 cup (40g)
Calories per serving 210
 Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1.2mg 6% • Potassium 190mg 4%

Amount per serving	% Daily Value*
Calories 140	
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 (120mcg folic acid)	50%
Vitamin B ₁₂ 0.6mcg	25%
Phosphorus 100mg	8%
Magnesium 25mg	6%
Zinc 3mg	25%

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Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Amount per serving	% Daily Value*
Calories 210	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 190mg	4%

* 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.

Amount per serving / Cantidad por ración	% Daily Value / % Valor Diario*
Calories / Calorías 210	
Total Fat / Grasa Total 14g	18%
Saturated Fat / Grasa Saturada 2g	10%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 15mg	1%
Total Carbohydrate / Carbohidrato Total 23g	8%
Dietary Fiber / Fibra Dietética 2g	7%
Total Sugars / Azúcares Totales 12g	
Includes / Incluye 7g Added Sugars / Azúcares Añadidos	14%
Protein / Proteína 1g	
Vitamin D / Vitamina D 0mcg	0%
Calcium / Calcio 10mg	0%
Iron / Hierro 1.2mg	6%
Potassium / Potasio 190mg	4%

* El % Valor Diario (VD) indica cuánto un nutriente en un ración de alimentos contribuye a una dieta diaria. 2,000 calorías al día son usadas para el consejo de la nutrición general.

Amount per serving	% Daily Value*
Calories 210	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 1g	
Vit D 0mcg 0%	• Calcium 10mg 0%
Iron 1.2mg 6%	• Potas 190mg 4%

* 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.

Amount per serving	% Daily Value
Calories 140	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 35g	13%
Total Sugars 35g	
Includes 35g Added Sugars	70%
Protein 0g	

Dual-Column

Two forms of the same food

	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%
Trans Fat	0g	0g
Cholesterol	0mg 0%	60mg 20%
Sodium	300mg 13%	380mg 16%
Total Carb.	36g 13%	36g 13%
Dietary Fiber	<1g 3%	<1g 3%
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%

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Per Serving / Per Container

	Per serving	Per container
Calories	220	440
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	195mg 15%	390mg 30%
Iron	1.1mg 6%	2.2mg 10%
Potassium	470mg 10%	940mg 20%

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Per Serving / Per Unit

	Per serving	Per muffin
Calories	380	760
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 0%
Calcium	40mg 4%	80mg 6%
Iron	2mg 10%	4mg 20%
Potassium	190mg 4%	380mg 8%

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Small-Pack

For use only on packages with 40 square inches or less of available space.

Amount per serving	% DV
Calories 210	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 1g	

3.5 servings
Serv size 1/4 cup (40g)
Calories per serving 210
 Vit D 0% • Calcium 0% • Iron 6% • Potas 4%

Amount/serving	% DV	Amount/serving	% DV
Total Fat 14g	18%	Total Carb 23g	8%
Sat Fat 2g	10%	Fiber 2g	7%
Trans Fat 0g		Total Sugars 12g	
Cholest 0mg	0%	Incl 7g Added Sugars	14%
Sodium 15mg	1%	Protein 1g	

Amount per serving	% Daily Value*
Calories 210	
Total Fat 14g	18%
Sat Fat 2g	10%
Sodium 15mg	1%
Total Carb 23g	8%
Fiber 2g	7%
Total Sugars 12g	
Incl 7g Added Sugars	14%
Protein 1g	
Iron 1.2mg 6%	• Potas 190mg 4%

Not a significant source of trans fat, choles, vit D, and calcium.

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Nutrition Facts

3 servings per container
Serving size 1/4 cup (40g)
Calories 210
Per serving 210 **620**
Per container

	Per serving % DV*	Per container % DV*
Total Fat	14g 18%	41g 53%
Saturated Fat	2g 10%	6g 30%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	15mg 1%	50mg 2%
Vitamin D	0mcg 0%	0mcg 0%
Iron	1.2mg 6%	3.5mg 20%

	Per serving % DV*	Per container % DV*
Total Carb	23g 8%	70g 25%
Dietary Fiber	2g 7%	6g 21%
Total Sugars	12g	36g
Incl Added Sugars	7g 14%	21g 42%
Protein	1g	4g
Calcium	10mg 0%	35mg 2%
Potassium	190mg 4%	565mg 10%

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