

FOOD LABEL FORMATS *

1. PACKAGE LABELS OF LESS THAN 12 SQ. IN. MUST MEET THE FOLLOWING NUTRITION LABEL REQUIREMENT:

No Nutrition Label. Must display telephone number or address for consumer to call or write for nutrition information.

2. PACKAGE LABELS BETWEEN 12 AND 40 SQ. IN. MUST MEET THE FOLLOWING MINIMUM NUTRITION LABEL REQUIREMENT:

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260 Calories from Fat 120	
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	11%
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.	

3. PACKAGE LABELS OF 40 OR MORE SQ. IN. MUST MEET THE FOLLOWING MINIMUM NUTRITION LABEL REQUIREMENT:

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260 Calories from Fat 120	
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	11%
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:	
Nutrient	2,000 Calories
Total Fat	Less than 65g
Sat Fat	Less than 30g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Fiber	25g
1g Fat = 9 calories	
1g Carbohydrate = 4 calories	
1g Protein = 4 calories	

4. PACKAGE LABELS FOR FOODS CONTAINING LIMITED NUTRIENTS MAY USE A SIMPLIFIED FORMAT, E.G., FOR A SOFT DRINK:

Nutrition Facts	
Serving Size 1 can (240 ml)	
Amount Per Serving	
Calories 145	
	% Daily Value*
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 36g	12%
Sugars 36g	
Protein 0g	0%
* Percent Daily Value (DV) is based on 2,000 calorie diet. Your Daily Value may be higher or lower, depending on your calorie needs.	

*These labels are only samples. Exact specifications are in the final rules.