

Nutrition Label - Voluntary Nutrients

- Calories from saturated fat
- Polyunsaturated fat
- Monounsaturated fat
- Potassium
- Soluble fiber
- Insoluble fiber
- Sugar alcohol
- Other carbohydrate
- Other vitamins and minerals for which RDIs have been established
- Beta-carotene (as % of vitamin A)

Nutrition Label - Graphic Elements

- Single, easy-to-read type style
- Upper and lower case letters
- Bolding
- Type size: Nutrition information - 8 point
Footnotes - 6 point
- One point leading
- Type kerned no tighter than -4 setting
- Hairlines

Simplified Format

- Allowed when 7 required nutrients are present in insignificant amounts
- Core requirements: Calories, total fat, total carbohydrate, protein, and sodium
- Must also declare other required nutrients present in more than insignificant amounts
- If voluntary nutrients are declared, non-core required nutrients must be noted in sentence at bottom
 "Not a significant source of calcium"
- Footnotes are not required