

Appendix B to Part 101

Annotations on the left side of the label:

- Helvetica Regular 8 point with 1 point of leading
- 3 point rule
- 8 point Helvetica Black with 4 point of leading
- 1/4 point rule centered between nutrients (2 points leading above and 2 points below)
- 8 point Helvetica Regular with 4 points of leading
- 8 point Helvetica Regular, 4 points of leading with 10 point bullets

Annotations on the right side of the label:

- Franklin Gothic Heavy or Helvetica Black, flush left & flush right, no smaller than 13 point
- 7 point rule
- 6 point Helvetica Black
- All labels are enclosed by 1/2 point box rule within 3 points of text measure
- 1/4 point rule
- Type below vitamins and minerals (footnotes), is 6 point with 1 point of leading

Nutrition Facts
 Serving Size 1/2 cup (114g)
 Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Values*

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.

	Calories 2 000	2 500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2 400mg	2 400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram
 Fat 9 • Carbohydrate 4 • Protein 4