products may provide nutrition information on labeling; (8) shell eggs may provide the required nutrition information inside the egg carton; (9) under certain conditions, unit containers in multi-unit packages need only provide nutrition information on the outer package; and (10) foods in gift packs may provide information on labeling in accordance with special requirements.

The provisions of this rule become effective on May 8, 1994.

Docket Numbers: 90N-0135 "Food Labeling; Mandatory Nutrition Labeling and Nutrient Content Revision" and 91N-0162 "Food Labeling: Format for Nutrition Label"

Code of Federal Register Citation: 21 CFR 101.9

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Standard Format

The New Food Label

Nutrition Facts

Serving size 1/2 cup (114 g)
Servings per container 4

Amount Per Serving

Calories 260 Calories from fat 120

	%Daily Value*
Total Fat 13 g	**20%**
Saturated Fat 5 g	**25%**
Cholesterol 30 mg	**10%**
Sodium 660 mg	**28%**
Total Carbohydrate 31 g	**11%**
Dietary Fiber 0 g	**0%**
Sugars 5 g	
Protein 5 g	

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
Saturated 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

Simplified format (Soft Drink)

Nutrition Facts

Serving size: 1 can (240 ml)

Amount Per Serving

Calories 145

	%Daily Value*
Total Fat 0 g	0%
Sodium 20 mg	1%
Total Carbohydrate 38 g	12%
Sugars 38 g	
Protein 0 g	

* Percent Daily Value is based on a 2,000 calorie diet.