



U.S. Food and Drug Administration



CENTER FOR FOOD SAFETY AND APPLIED NUTRITION

[FDA Home Page](#) | [CFSAN Home](#) | [Search/Subject Index](#) | [Q & A](#) | [Help](#)

**CFSAN Office of Nutritional Products, Labeling and Dietary Supplements
July 09, 2003**

Examples of Revised Nutrition Facts Panel Listing Trans Fat

On July 11, 2003 FDA publishes a final rule requiring manufacturers to list trans fatty acids, or trans fat, on the Nutrition Facts panel of conventional foods and some dietary supplements ([Food Labeling: *Trans Fatty Acids* in Nutrition Labeling, Nutrient Content Claims, and Health Claims](#)). Examples of the revised Nutrition Facts panel listing trans fat are displayed below. The specific requirements for nutrition labeling of food are found in 21 CFR 101.9, which will be updated for trans fat in the next revision.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat 120**

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
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

Nutrition Facts

Serving Size 2 slices (56g)
Servings per container 10

Calories 140
Calories from Fat 15

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 26g	9%
Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%
Trans Fat 0.5g		Sugars 1g	
Cholesterol 0mg	0%	Protein 4g	
Sodium 280mg	12%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6%			
Thiamin 15% • Riboflavin 8% • Niacin 10%			

* 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

Nutrition Facts				Wheat Squares Sweetened		Corn Flakes Not Sweetened		Mixed Grain Flakes Sweetened	
Serving Size 1 Box				(35g)		(19g)		(27g)	
Servings Per Container				1		1		1	
Amount Per Serving									
Calories				120		70		100	
Calories from Fat				0		0		0	
				% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat				0g	0%	0g	0%	0g	0%
Saturated Fat				0g	0%	0g	0%	0g	0%
Trans Fat				0g		0g ¹		0g	
Cholesterol				0mg	0%	0mg	0%	0mg	0%
Sodium				0mg	0%	200mg	8%	120mg	5%
Potassium				125mg	4%	25mg	1%	30mg	1%
Total Carbohydrate				29g	10%	17g	6%	24g	8%
Dietary Fiber				3g	12%	1g	4%	1g	4%
Sugars				8g		6g		13g	
Protein				4g		1g		1g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				Vitamin A		0%		10%	
Calories: 2,000 2,500				Vitamin C		0%		15%	
Total Fat Less than 65g 80g				Calcium		0%		0%	
Sat Fat Less than 20g 25g				Iron		10%		6%	
Cholesterol Less than 300mg 300mg				Thiamin		30%		15%	
Sodium Less than 2,400mg 2,400mg				Riboflavin		30%		15%	
Potassium 3,500mg 3,500mg				Niacin		30%		15%	
Total Carbohydrate 300g 375g				Vitamin B6		30%		15%	
Dietary Fiber 25g 30g								20%	

Nutrition Facts

Serving Size 1/12 package
(44g, about 1/4 cup dry mix)
Servings Per Container 12

Amount Per Serving	Mix	Baked
Calories	190	280
Calories from Fat	45	140
% Daily Value**		
Total Fat 5g*	8%	24%
Saturated Fat 2g	10%	13%
Trans Fat 1g		
Cholesterol 0mg	0%	23%
Sodium 300mg	13%	13%
Total Carbohydrate 34g	11%	11%
Dietary Fiber 0g	0%	0%
Sugars 18g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	8%
Iron	2%	4%

* Amount in Mix

** 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

Nutrition Facts

Serving Size 1/3 cup (56g)
Servings about 3
Calories 90
Fat Cal. 20

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	3%	Total Carb. 0g	0%
Sat. Fat 1g	5%	Fiber 0g	0%
Trans Fat 0.5g		Sugars 0g	
Cholest. 10mg	3%	Protein 17g	
Sodium 200mg	8%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%

Nutrition Facts

Serv. Size: 1 package, Amount Per Serving:
Calories 45, Fat Cal. 10, **Total Fat 1g** (2% DV), Sat. Fat 0.5g (3% DV), **Trans Fat 0.5g**, **Cholest. 0mg** (0% DV), **Sodium 50mg** (2% DV), **Total Carb. 8g** (3% DV), Fiber 1g (4% DV), Sugars 4g, **Protein 1g**, Vitamin A (8% DV), Vitamin C (8% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Examples of Graphic Enhancements used by the FDA

Annotations for the Nutrition Facts label:

- Helvetica Regular 8 point with 1 point of leading (points to the title)
- Franklin Gothic Heavy or Helvetica Black, flush left & flush right, no smaller than 13 point (points to the title)
- 3 point rule (points to the horizontal line above 'Amount Per Serving')
- 7 point rule (points to the horizontal line above 'Calories')
- 8 point Helvetica Black with 4 points of leading (points to the nutrient list)
- 6 point Helvetica Black (points to the % Daily Value header)
- All labels enclosed by 1/2 point box rule within 3 points of text measure (points to the nutrient list)
- 1/4 point rule centered between nutrients (2 points leading above and 2 points below) (points to the spacing between nutrient rows)
- 1/4 point rule (points to the horizontal line above 'Protein')
- 8 point Helvetica Regular with 4 points of leading (points to the vitamins/minerals section)
- Type below vitamins and minerals (footnotes) is 6 point with 1 point of leading (points to the footnote text)
- 8 point Helvetica Regular, 4 points of leading with 10 point bullets. (points to the footnote table)

Nutrition Facts			
Serving Size 1 cup (228g)			
Serving Per Container 2			
Amount Per Serving			
Calories 280		Calories from Fat 120	
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 30mg			10%
Sodium 680mg			28%
Total Carbohydrate 31g			10%
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 diet of 2,000 calories. 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	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Food Labeling and Nutrition

[CFSAN Home](#) | [CFSAN Search/Subject Index](#) | [CFSAN Disclaimers & Privacy Policy](#) | [CFSAN Accessibility/Help](#)
[FDA Home Page](#) | [Search FDA Site](#) | [FDA A-Z Index](#) | [Contact FDA](#)