



# TECHNICAL BULLETIN

Published Since 1979

Editor—Erin Jamison

Volume XXVII, Issue 11

November 2005

## NUTRITION LABELING FORMATS

(REQUIREMENTS AND OPTIONS)

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### INTRODUCTION

As mandated under the nutrition labeling and education act (NLEA) of 1990, virtually all packaged foods regulated by the United States' Food and Drug Administration (FDA) are now required to carry nutrition information. The NLEA requires that this information, carried under the heading Nutrition Facts, be provided in a manner that is readily observed and comprehended and in a context that the public will understand its relative significance in the total diet.

By January 1, 2006, the FDA will require that trans fat levels be included on the Nutrition Facts panel. Trans fat will only be listed as an amount in grams. There is no daily reference value (DRV) for trans fat, so the label will not have a percent daily value. This bulletin will update the previous labeling bulletin by incorporating the addition of trans fat to a label.

### DEVELOPING LABEL FORMATS

FDA evaluated, through consumer focus group sessions, a number of format options for presenting nutrition information. These options included bar graphs, pie charts, descriptive adjectives, and tables. The objective was to determine which format presented information in the most usable and understandable form. Large numbers of consumers were used in subsequent studies to confirm the conclusions drawn from the focus groups.

The NLEA gave FDA the option to require highlighting parts of the nutrition label by bold faced print, contrasting color, or type size to help consumers in making healthy dietary choices. In addition, FDA has

Title and  
Serving  
Information

Nutrient  
Information

Footnotes

Calorie  
Conversion

<b>Nutrition Facts</b>			
Serving Size 11 crackers (31g)			
Servings Per Container about 6			
Amount Per Serving			
<b>Calories</b>	100	<b>Calories from Fat</b>	0
% Daily Value*			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	180mg		<b>8%</b>
<b>Total Carbohydrate</b>	20g		<b>7%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars 4g			
<b>Protein</b> 4g			
Vitamin A 10%		• Vitamin C 0%	
Calcium 0%		• 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		• Carbohydrates 4 • Protein 4	

**Figure 1.** Standard format

used the requirements and options provided by the NLEA to permit, under specified conditions, a number of formats for presenting nutrition information. These include: (a) standard format, (b) footnote to the side format, (c) horizontal format, (d) dual listing format, (e) simplified format, (f) shortened format, (g) tabular format, (h) linear format, (i) aggregate format, and (j) dual language (bilingual) format. Underlying these format regulations is FDA's desire to have nutrition informa-

**TABLE I**  
**GRAPHIC SPECIFICATIONS FOR NUTRITION FACTS PANEL**

1. A single easy-to-read type style must be used.
2. The printing must be black on a white background or a single color on a contrasting and neutral background.
3. The information must be on a background and not on an imprinted clear film.
4. Upper and lower case letters must be used; all upper or all lower case printing is not permitted.
5. The Nutrition Facts panel must be enclosed in a box using hairlines of unspecified width (1/2 point rule is suggested by FDA).
6. At least one point "leading" (leading is a printers term used to designate the size of the space between two lines of print) must separate all information except that at least four points leading is required for (a) listings of nutrients/components and Daily Values, and (b) vitamins and minerals and % Daily Value.
7. The following declarations must be in a type size that is at least 6 points
  - The subheading "Amount Per Serving"
  - The column heading "% Daily Value"
  - The footnote that states "Percent Daily Values" are based on a 2,000 calorie diet and the chart below this statement
  - If used, the calorie conversion declaration "Calories per gram: Fat 9, Carbohydrate 4, Protein 4"
8. All other printing must be in a type size that is at least 8 point, but the statement "Nutrition Facts" must be larger than all other print in the Nutrition Facts panel. There are no requirements for exactly how much larger the type must be. The "Nutrition Facts" statement should fill the entire width of the Nutrition Facts panel unless this is impractical.
9. The following statements (and none other) must be highlighted by using bold or extra bold type (or other form of highlighting that prominently distinguishes it from other information; reverse printing is not permitted as a form of highlighting):
  - Nutrition Facts
  - Amount per Serving
  - % Daily Value
  - Calories
  - Total Fat
  - Cholesterol
  - Sodium
  - Total Carbohydrate
  - Protein
  - Declarations under the heading % Daily Value (only the number and not the % sign)
10. Hairline rules of unspecified width (FDA suggests a 1/4 point rule) must separate "Amount per Serving" from the calorie information below it and each nutrient/component and % Daily Value declaration (Figure 1). The line above indented declarations must not extend to the left beyond the indentation.
11. The "Amount per Serving" declaration must be separated from the serving size information above it by a bar of unspecified width (FDA suggests a 7 point rule).
12. The declarations Calories (bold-faced print) and Calories from Fat must be on one line unless calories from saturated fat is declared, in which case a columnar listing (shown below) may be used:
 

Calories	160
Calories from Fat	50
Calories from Saturated Fat	15
13. The column heading % Daily Value must be separated from the calorie declaration by a bar of unspecified width (a 3 point rule is suggested).
14. A bar must separate the vitamin and mineral declarations from the information above them. The graphic illustration in the Final Rule indicates that a 7 point rule is suggested for this bar. The vitamin and mineral declarations may be either in a horizontal format or in two columns. The asterisked Percent Daily Values footnote (six components are listed underneath it) must be separated from the vitamin and mineral declarations by a hairline of suggested 1/4 point rule.
15. The calorie conversion information is optional, but if used, must be separated from the footnote above it by a hairline. This information may be presented either horizontally or in columns.
16. The Nutrition Facts panel must appear as a single declaration and a single panel of the package; it cannot be split for printing on two or more panels.

tion readily identified on the package label and easily understood by the vast majority of consumers.

### SPECIFICATIONS FOR NUTRITION LABEL

There are several graphic enhancements that are required or suggested for the Nutrition Facts panel. Although some of the enhancements are “suggestions,” FDA urges that these graphic specifications (Table I) (Figure 1) be used in the interest of uniformity.

### LABEL FORMATS

#### Standard Format

The Standard format is shown in Figure 1. This format must be used unless the product, package, or nutrient content information specifically qualifies for one of the optional formats discussed below.

As mentioned in Table I (item 15), the calorie conversion declaration in the footnote is optional. The minimum size of the Standard format Nutrition Facts panel is approximately 7 square inches (1¾ inches wide and 4 inches high).

#### Footnote to the Side Format

In Footnote to the Side format, which requires approximately 3 inches of vertical space to accommodate the main Nutrition Facts panel, the table and calorie conversion factors appear to the side of the main Nutrition Facts panel (Figure 2). This format may be used when the available labeling space below the vitamin and mineral declarations is not large enough to accommodate the footnote in the normal vertical position.

This format may also be used if vitamins and minerals other than vitamin A, vitamin C, calcium and iron (the four mandatory nutrients) are declared and there is insufficient labeling space for this voluntary declaration.

The side footnote may line up with either the top or bottom of the main Nutrition Facts panel. A line must separate the main panel from the footnote declaration.

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 cup (228g)		Calories	2,000
Servings Per Container 2		2,500	
<b>Amount Per Serving</b>			
<b>Calories</b> 260	<b>Calories from Fat</b> 120		
		<b>% Daily Value*</b>	
<b>Total Fat</b> 13g		<b>20%</b>	
Saturated Fat 5g		<b>25%</b>	
<i>Trans</i> Fat 1g			
<b>Cholesterol</b> 30mg		<b>10%</b>	
<b>Sodium</b> 660mg		<b>28%</b>	
<b>Total Carbohydrate</b> 31g		<b>10%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 5g			
<b>Protein</b> 5g			
<b>Vitamin A 4% • Vitamin C 2%</b>			
<b>Calcium 15% • Iron 4%</b>			

Figure 2. Footnote to the side format

The calorie conversion declaration is optional, but, if used, may be listed under either panel, or spread across both panels, when the footnote is lined up with the bottom of the Nutrition Facts panel.

#### Horizontal Format

If the design of the package is such that there are not 3 inches of vertical space available (required for Footnote to the Side format) for the Nutrition Facts declaration, a Horizontal format may be used (Figure 3).

Horizontal format is a modification of the Tabular format (discussed later) and may be used on packages with more than 40 square inches of available labeling space (tabular format may be used with less than 40 square inches of available space). Abbreviations are not permitted, and the footnote must be included (abbreviations are permitted for the Tabular format, where the footnote may be eliminated). Calorie conversion factors are optional.

Standard graphic enhancements apply to the Horizontal format, except that it is not permissible to use vertical lines to separate the groups of listings.

#### Dual Listing Format

Regulations require that products be labeled “as packaged.” However, many products are not consumed “as packaged,” but require preparation or addition of other ingredients or foods. Examples of this include popping corn, cake mixes, and breakfast cereals with milk. When “as-consumed” information is beneficial to the

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Serving Size 2 slices (56g) Servings Per Container 10 <b>Calories</b> 140 Calories from Fat 10	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>	Calories: 2,000 2,500
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>8%</b>	
	<i>Trans</i> Fat 0g		Sugars 1g		Sat Fat Less than 20g 25g
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 4g		Cholesterol Less than 300mg 300mg
	<b>Sodium</b> 280mg	<b>12%</b>			Sodium Less than 2,400mg 2,400mg
	Vitamin A 0% • Vitamin C 0%				Total Carbohydrate 300g 375g
	• Calcium 6% • Iron 6%				Dietary Fiber 25g 30g
					Calories per gram:
					Fat 9 • Carbohydrates 4 • Protein 4

Figure 3. Horizontal format

consumers, the use of a second column of information is encouraged. The Dual Listing format is illustrated in Figure 4 for a product prepared from a mix by adding additional ingredients, mixing and baking.

The calorie declaration and % Daily Value information must be presented in two columns with appropriate headings to designate form of the product, e.g., "Mix" and "Baked" (Figure 4). Both columns must be given equal prominence in printing, and the column of the required information (food "as packaged") must appear to the left and the optional second column

(food "as consumed") to the right. Calorie information is presented in two columns labeled with the two forms of the product. Calories from Fat and Calories from Saturated Fat (when used) are declared in lines that are indented and appear under the declaration of Total Calories.

The declaration of quantitative values for nutrients is for the product "as-packaged" and according to the label serving size. An asterisk must follow the declaration of Total Fat (example: Total Fat 5g\*) and refer to a statement at the bottom of the Nutrition Facts panel identifying the form of the product for which the information is presented (example: \*Amount in Mix).

Quantitative information for other forms of the product may be presented either immediately adjacent to the declaration for the product "as packaged" or as a footnote. If declared adjacent to the required declaration, the additional information must be separated by a comma, must be given for all nutrients declared, and must not be set up in a separate column.

<b>Nutrition Facts</b>			
Serving Size 1/12 package (44g, about 1/4 cup dry mix)			
Servings Per Container 12			
Amount Per Serving	Mix	Baked	
<b>Calories</b>	190	280	
Calories from Fat	45	140	
<b>% Daily Value**</b>			
<b>Total Fat 5g*</b>	<b>8%</b>	<b>24%</b>	
Saturated Fat 2g	10%	13%	
<i>Trans Fat 1g</i>			
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>23%</b>	
<b>Sodium 300mg</b>	<b>13%</b>	<b>13%</b>	
<b>Total Carbohydrate 34g</b>	<b>11%</b>	<b>11%</b>	
Dietary Fiber 0g	0%	0%	
Sugars 18g			
<b>Protein 2g</b>			
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	Less than	65g	80g
Sat	Less than	20g	25g
Chole	Less than	300mg	300mg
Sodiu	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrates 4	Protein 4

**Figure 4.** Dual listing format

If the additional quantitative information is presented as a footnote referenced by an asterisk on the Total Fat declaration, it must be declared in the same order as the required declarations. The declaration may include total quantitative information for all nutrients or just those nutrients whose values are different in the combined or prepared food. The footnote may simply declare the component added to the food "as-packaged" and the amount of nutrients added by that component based on the label serving size of the food. The footnote must make it clear what method of reporting is being used. For example, in the dual declaration of breakfast cereal as-packaged and the same serving of the cereal with milk added, the Total Fat quantitative declaration in the Nutrition Facts panel is asterisked to refer to a footnote that might state, "\*\*Amount in Cereal. One half cup skim milk contributes an additional 40 calories, 65 mg sodium, 6 g total carbohydrates (6 g sugars), and 4 g protein."

In short, nutrient content information may be declared for a product "as-prepared," "as consumed" on some basis other than the label serving size, on a per 100-g basis, etc., in addition to the required declaration on an "as packaged" basis. When dual declaration is used, calorie and % Daily Value information must be presented for all required declarations and for both forms of products being declared. If there are voluntary declarations of additional nutrients, the % Daily Value of the additional nutrient(s) must be declared for both forms of the product.

The quantitative amount of nutrients in the product "as packaged" must be declared. The quantitative amount of these nutrients that results from preparation for consumption may be declared either alongside of the declaration for the product "as packaged" and separated by a comma or in a footnote. If declared as a footnote, the information can represent the total for the product "as-consumed" or the additional amount contributed by a specified amount of a separate food.

It is not necessary to declare the ingredients added or the detailed preparation procedures used in converting a packaged food to a consumable product when dual labeling is used in the Nutrition Facts panel unless this is part of the footnote statement of nutrients added by a food in preparation for consumption.

### Simplified Format

The Simplified format requires less labeling space because certain nutrients are not declared. Two examples of this format are illustrated in Figure 5. Simplified format may be used if a food contains an insignificant amount of at least 8 of the following nutrients: Calories, Total Fat, Saturated Fats, *Trans Fat*, Cholesterol, Sodium, Total Carbohydrate, Dietary Fiber, Sugars, Protein, Vitamin A, Vitamin C, Calcium, and Iron.

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 64	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 3g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 6g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	
Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts	
Serving Size 1 can (360 ml)	
Amount Per Serving	
<b>Calories</b> 140	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Sugars 36g	
<b>Protein</b> 0g	
* Percent Daily Values are based on a 2,000 calorie diet.	

**Figure 5.** Simplified formats for vegetable oil (left) and soft drink (right).

An insignificant amount of a nutrient is that amount that allows declaration of zero in nutrition labeling. For total carbohydrate, dietary fiber, and protein, it shall be an amount that allows a declaration of “less than 1 gram.” Any nutrient present at a level of 1 g or more must be declared. Additionally, the declarations Total Calories, Total Fat, Total Carbohydrate, Protein, and Sodium must be listed even if zero or less than 1 g. Therefore, the Simplified format will contain a minimum of five declarations.

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 55	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 800mg	<b>33%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
<b>Protein</b> 2g	
Vitamin A 20% • Vitamin C 4% • Iron 2%	
Not a significant source of cholesterol, sugars and calcium.	
* 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 • Carbohydrates 4 • Protein 4	

**Figure 6.** Shortened format

The label for the soft drink (Figure 5) contains 6 listings: the 5 minimum and “Sugars” because the amount present is more than 1 g per label serving. The label for vegetable oil (Figure 5) has a total of 9 declarations and a footnote that states “Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.”

The Calories from Fat, Saturated Fat, and Trans Fat must be declared because they are present at a significant (above zero) level. The

**TABLE II**  
**NUTRIENTS QUALIFYING FOR SHORTENED FORMAT**

- **Calories from Fat:** When the food contains < 5 calories from fat
- **Saturated Fat or Trans Fat:** When the food contains < 0.5 g of total fat per serving and if no claims are made about fat, cholesterol, or calories from fat
- **Cholesterol:** When the food contains <2 mg cholesterol per serving and if no claims are made about fat, fatty acids, or cholesterol
- **Dietary Fiber:** When a serving contains < 1 g of fiber
- **Sugars:** When a serving contains < 1 g of sugars and no claims are made about sweeteners, sugars or sugar alcohol content
- **Vitamins/Minerals:** When a serving contains <2% of the Daily Value of the vitamin or mineral

voluntary declaration of naturally occurring poly- and monounsaturated fat contents triggers the requirement for the footnote: “Not a significant source...” The footnote must include any nutrient that was left off of the Nutrition Facts panel because it was insignificant. The footnote is triggered by (a) the addition of a vitamin or mineral, and/or (b) the voluntary declaration of a nutrient that is naturally present at a significant level.

The graphic enhancements described earlier apply to the Simplified format. However, the Daily Value footnote and the caloric conversion factors are optional. If the Daily Value footnote is not used, there must be an asterisk at the bottom of the Nutrition Facts panel followed by the statement, “Percent Daily Values are based on a 2,000 calorie diet.” If “DV” is used in the Facts panel instead of “Daily Value”, the phrase “DV represents Daily Value” must be added to the statement in the footnote.

### Shortened Format

The nutrition labeling regulations provide an option for not listing certain nutrients when they are present at an insignificant level, leading to the Shortened for-

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv Size 1/3 cup (56g) Servings about 3 <b>Calories</b> 90 Fat Cal. 20		<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
		Sat. Fat 1g	<b>5%</b>	Fiber 0g	<b>0%</b>
		<i>Trans</i> Fat 0.5g		Sugars 0g	
		<b>Cholest.</b> 10mg	<b>3%</b>	<b>Protein</b> 17g	
		<b>Sodium</b> 200mg	<b>8%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

Figure 7. Tabular format

TABLE III ABBREVIATIONS FOR TABULAR FORMAT	
Serving Size	Serv Size
Servings per Container	Servings
Calories from Fat	Fat Cal
Saturated Fat	Sat Fat
Cholesterol	Cholest
Total Carbohydrate	Total Carb
Dietary Fiber	Fiber

mat for the Nutrition Facts panel (Figure 6). Table II lists nutrients that qualify for this option.

If the Shortened format is used, there must be the following statement just below the declaration of % Daily Value for vitamins and minerals, "Not a significant source of..." The nutrients included in this statement must be listed (in at least 8-point type size) in the order in which they would normally appear in the Nutrition Facts panel.

**Nutrition Facts** Serv size: 1 package, Amount Per Serving: **Calories** 45, Fat Cal. 10, **Total Fat** 1g (2% DV), Sat. Fat 1g (5% DV), *Trans* Fat 0g, **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.

**Nutrition Facts** Serv size: 3 pieces (6g), Servings: 4, Amount Per Serving: **Calories** 20, **Total Fat** 0g (0% DV), **Sodium** 20mg (1% DV), **Total Carb.** 5g (2% DV), Sugars 5g, **Protein** 0g, Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Nutrition Facts** Serv size: 1 package, Amount Per Serving: **Calories** 40, **Total Fat** 0g (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), Iron (2% DV), not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or calcium. Percent Daily Values (DV) are based on a 2,000 calorie diet.

Figure 8. Linear format. Full linear display (top), simplified linear display (middle), and shortened linear display

### Tabular Format

As illustrated in Figure 7, this is one of the optional formats for presenting nutrition information on small packages, and may be used on packages that have 40 square inches or less of available space for labeling. The term "available space for labeling" is not defined specifically, but refers to the area on a food package that can reasonably be expected to be printed. It excludes film seal areas, interlocking and creased panels on folded cartons, irregular surfaces, windows and any other area that cannot readily be printed.

The primary savings of space is achieved by eliminating the Daily Value footnote and the calorie conversion factors and allowing abbreviations for many of the terms used in the declaration. The "Percent Daily Values are based on a 2,000 calorie diet" statement is required in lieu of the Daily Value footnote. The parenthetical (DV) is one mechanism for indicating that the % DV in the Nutrition Facts panel means Daily Value. The abbreviations specifically authorized by regulation are shown in Table III. Periods are optional in the abbreviations listed in Table III. Only these abbreviations are authorized.

The primary savings of space is achieved by eliminating the Daily Value footnote and the calorie conversion factors and allowing abbreviations for many of the terms used in the declaration. The "Percent Daily Values are based on a 2,000 calorie diet" statement is required in lieu of the Daily Value footnote. The parenthetical (DV) is one mechanism for indicating that the % DV in the Nutrition Facts panel means Daily Value. The abbreviations specifically authorized by regulation are shown in Table III. Periods are optional in the abbreviations listed in Table III. Only these abbreviations are authorized.

### Linear Format

This format should be used only as a last resort when no other format will work. The Linear format may be used on packages with less than 12 square inches of available space for labeling or on packages with 40 or less square inches of labeling space if the shape or size of the package cannot accommodate a column or tabular display. Figure 8 is an illustration of the three types of linear formats that may be used on small packages. The Simplified and Shortened linear formats may be used only if the product complies with the requirements for these modified Nutrition Facts panels as described above.

Bold print is required only for the title Nutrition Facts in the linear format; it may be used voluntarily for Calories, Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Protein.

### Aggregate Format

The Aggregate format may be used in two primary instances: (a) for a variety pack (examples: individual servings of ready-to-eat breakfast cereals, small packages of snack products), and (b) a package that is used for more than one product (example: ice cream carton used for a number of flavors).

**TABLE IV**  
**Listing of Optional Nutrients<sup>a</sup>**

Calories from Fat:	Indented and listed below Calories from Fat	Protein	Only the listing % Daily Value (DV) is optional
Polyunsaturated Fat and Monounsaturated Fat	Indented and listed below the mandatory listing Trans Fat	Vitamins and Minerals <sup>b</sup>	Includes listing of selected nutrients other than vitamin A, vitamin C, calcium and iron. These may be listed only after the listing Iron, with % DV indicated next to the amount
Soluble and Insoluble Fiber	Indented and listed below Dietary Fiber		
Potassium	Listed below Sodium		
Sugar Alcohols	Indented and listed under Sugar		
Other Carbohydrates	Indented and listed under Sugar		

<sup>a</sup>Listings are mandatory in some situations  
<sup>b</sup>Daily values are set forth only for vitamins and minerals. These values are sometimes referred to as Reference Daily Intakes (RDI)

The Aggregate format for a variety pack of breakfast cereals is illustrated in Figure 9. Each individual type of cereal is identified along with the metric weight in parentheses of one box serving size and the one serv-

ing per container. The macronutrients for which amounts and % DV per serving will be declared are listed in the left hand column, and below that listing is the Daily Value footnote and calorie conversion factors (if used). The amount and % DV of the macronutrients are listed for each individual package as illustrated. This is followed by the declaration of % DV for vitamins and minerals.

<b>Nutrition Facts</b>	<b>Wheat Squares Sweetened</b>	<b>Corn Flakes Not Sweetened</b>	<b>Mixed Grain Flakes Sweetened</b>
Serving Size 1 box	(35g)	(19g)	(27g)
Servings Per Container	1	1	1
<b>Amount Per Serving</b>			
<b>Calories</b>	120	70	100
Calories from Fat	0	0	0
	<b>%Daily Value*</b>	<b>%Daily Value*</b>	<b>%Daily Value*</b>
<b>Total Fat</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>
Saturated Fat	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>
Trans Fat	0g	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	0mg <b>0%</b>	200mg <b>8%</b>	120mg <b>5%</b>
<b>Total Carbohydrate</b>	29g <b>10%</b>	17g <b>6%</b>	24g <b>8%</b>
Dietary Fiber	3g <b>12%</b>	1g <b>4%</b>	1g <b>4%</b>
Sugars	8g	6g	13g
<b>Protein</b>	4g	1g	1g
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	Vitamin A	0%	10%
<small>Calories 2,000 2,500</small>	Vitamin C	0%	15%
<small>Total Fat Less than 65g 80g</small>	Calcium	0%	0%
<small>Sat Fat Less than 20g 25g</small>	Iron	10%	6%
<small>Cholesterol Less than 300mg 300mg</small>			
<small>Sodium Less than 2400mg 2400mg</small>			
<small>Total Carbohydrate 300g 375g</small>			
<small>Dietary Fiber 25g 30g</small>			

**Figure 9.** Aggregate format

**Dual Language (Bilingual) Format**

Labeling regulations state that if any required labeling information is printed in a foreign language, all required information must be printed in that language. Nutrition labeling is a required declaration. Therefore, if part of the nutrition information is printed in a foreign language, all of the nutrition information, as well as any other mandatory labeling elements, must be in that language.

One Bilingual format is shown in Figure 10. The English and second language wordings are separated by either a slash (/) or semi-colon (;). Numbers are listed only once. A second option of presenting nutrition information in a second language is to print two separate Nutrition Facts panels,

<b>Nutrition Facts / Datos De Nutricion</b>	
Serving Size/Tamano por Racion 1 cup/ 1 taza (228g)	
Servings Per Container/Raciones por Envase 2	
Amount Per Serving/Cantidad por Racion	
<b>Calories/Calorias</b> 260	Calories from Fat/Calorias de la Grasa 120
% Daily Value/% Valor Diario*	
<b>Total Fat/Grasa Total</b> 13g	<b>20%</b>
Saturated Fat/Grasa Saturada 5g	<b>25%</b>
<i>Trans Fat/Acido Graso Trans</i> 2g	
<b>Cholesterol/Colesterol</b> 30mg	<b>10%</b>
<b>Sodium/Sodio</b> 660mg	<b>28%</b>
<b>Total Carbohydrate/Carbohidrato Total</b> 31g	<b>11%</b>
Dietary Fiber/Fibra Dietetica 0g	<b>0%</b>
Sugars/Azucars 5g	
Protein/Proteinas 5g	
Vitamin A/Vitamina A 4%	Vitamin C/Vitamina C 2%
Calcium/Calcio 15%	Iron/Hierro 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:	
*Los porcentajes de Valores Diario estan Basados en una dieta de 2000 calorias. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades caloricas:	
	Calories/Calorias: 2,000 2,500
Total Fat/Grasa Total	Less than/Menos de 65g 80g
Sat Fat/Grasa Saturada	Less than/Menos de 20g 25g
Cholesterol/Colesterol	Less than/Menos de 300mg 300mg
Sodium/Sodio	Less than/Menos de 2,400mg 2,400mg
Total Carbohydrate/Carbohidrato Total	300g 375g
Dietary Fiber/Fibra Dietetica	25g 30g

Figure 10. Dual language format

one in English and the other in the second language.

### LISTING OPTIONAL NUTRIENTS

The information discussed thus far deals with the listing of mandatory nutrients only. The NLEA also permits the listing of several optional nutrients. This optional listing is briefly described in Table IV. More detailed information can be looked up in the Code of Federal Regulations and various other publications including AIB's book Food Labeling: Requirements for FDA Regulated Products. (1).

### SUMMARY

A number of separate formats have been developed and approved for presenting nutrition label information (Nutrition Facts) on product labels and in labeling. Each format must meet certain general and specific requirements for layout, information, graphic enhancements, etc. This information is summarized here. Details of these requirements may be found in Title 21 of the Code of Federal Regulations (section 101.9).

### REFERENCE

1. VETTER, J.L. Food Labeling: Requirements for FDA Regulated Products. American Institute of Baking, Manhattan, KS, 1995.
2. Code of Federal Regulations: Sec. 101.9 Nutrition Labeling of Food. April 1, 2002 (available at <http://vm.cfsan.fda.gov/~lrd/CFR101-9.HTML>).