

Nutrition Analysis

STEP 7:

Apply the Rounding Rules

The nutrition values you publish should be customer-friendly. This means you should report rounded nutrient values per portion served. FDA has established specific rounding rules for each nutrient.

Nutrient	Rounding Increments	May Round to Zero...
Calories	nearest 5 calories up to 50 calories; nearest 10 calories if more than 50	if less than 5 calories
Calories From Fat	nearest 5 calories up to 50 calories; nearest 10 calories if more than 50	if less than 5 calories
Total Fat	nearest 0.5 gram up to 5 grams; nearest 1 gram if more than 5 grams	if less than 0.5 gram
Saturated Fat	nearest 0.5 gram up to 5 grams; nearest 1 gram if more than 5 grams	if less than 0.5 gram
Trans Fat	nearest 0.5 gram up to 5 grams; nearest 1 gram if more than 5 grams	if less than 0.5 gram
Cholesterol	nearest 5 milligram increment; if between 2 and 5 milligrams, may report as "less than 5 milligrams"	if less than 2 milligrams
Sodium	nearest 5 milligrams up to 140 milligrams; nearest 10 milligrams if more than 140 milligrams	if less than 5 milligrams
Carbohydrate	nearest 1 gram; if less than 1 gram, may report as "less than 1 gram"	if less than 0.5 gram
Dietary Fiber	nearest 1 gram; if less than 1 gram, may report as "less than 1 gram"	if less than 0.5 gram
Sugars	nearest 1 gram; if less than 1 gram, may report as "less than 1 gram"	if less than 0.5 gram
Protein	nearest 1 gram; if less than 1 gram, report as "less than 1 gram"	if less than 0.5 gram
Vitamins/Minerals	nearest 2% increment up to and including the 10% level; nearest 5% above 10% up to and including the 50% level; nearest 10% above the 50% level	if less than 2% DV

Reference: 21 CFR 101.9