

U.S. DAILY VALUES & NUTRITION FACTS DECLARATIONS Comparison: Original vs. New 2016

Nutrient	Original	New 2016	Notes
Calories	✔ 2000	No change	
Calories from Fat	✔ No DV	✘ No DV	
Calories from Saturated Fat	☐ No DV	No change	
Total Fat	✔ 65 g	✔ 78 g	
Saturated Fat	✔ 20 g	No change	
Trans Fat	✔ No DV	No change	
Polyunsaturated Fat	☐ No DV	No change	
Monounsaturated Fat	☐ No DV	No change	
Cholesterol	✔ 300 mg	No change	
Sodium	✔ 2400 mg	✔ 2300 mg	
Potassium	☐ 3500 mg	✔ 4700 mg	
Total Carbohydrate	✔ 300 g	✔ 275 g	
Dietary Fiber	✔ 25 g	✔ 28 g	
Soluble Fiber	☐ No DV	No change	
Insoluble Fiber	☐ No DV	No change	
Sugars	✔ No DV	No change	
Added Sugars	✘ No DV	✔ 50 g	
Sugar Alcohols	☐ No DV	No change	
Other Carbohydrate	☐ No DV	✘ No DV	
Protein	✔ 50 g	No change	
Vitamin A	✔ 5000 IU	☐ 900 mcg RAE*	<p>*New units for the Daily Value of 5 vitamins, each with their own conversion factors:</p> <ul style="list-style-type: none"> • Vitamin A changes from IU to mcg RAE (Retinol Alpha Equivalent) Conversion factor depends on the source of vitamin A: 1 IU retinol = 0.3 mcg RAE 1 IU beta-carotene from dietary supplements = 0.15 mcg RAE 1 IU beta-carotene from food = 0.05 mcg RAE 1 IU alpha-carotene = 0.025 mcg RAE 1 IU beta-cryptoxanthin = 0.025 mcg RAE • Vitamin D changes from IU to mcg Conversion factor: 40 IU = 1 mcg The Daily Value of 20 mcg is 800 IU • Vitamin E changes from IU to mg Conversion factor: 1.5 IU = 1 mg The Daily Value of 15 mg is 22.5 IU • Niacin changes from mg to mg NE (Niacin Equivalent) Conversion factor: 1 mg NE = 60 mg of tryptophan = 1 mg niacin The actual daily requirement of niacin depends on the quantity of the amino acid tryptophan in the diet and the efficiency of tryptophan to niacin conversion • Folate changes from mcg to mcg DFE (Dietary Folate Equivalent) Conversion factor depends on the source of folate: 1 mcg DFE = 1 mcg naturally-occurring folate 1 mcg DFE = 0.6 mcg folic acid from fortified foods or dietary supplements
Vitamin C	✔ 60 mg	☐ 90 mg	
Calcium	✔ 1000 mg	✔ 1300 mg	
Iron	✔ 18 mg	No change	
Vitamin D	☐ 400 IU	✔ 20 mcg	
Vitamin E	☐ 30 IU	☐ 15 mg	
Vitamin K	☐ 80 mcg	☐ 120 mcg	
Thiamin	☐ 1.5 mg	☐ 1.2 mg	
Riboflavin	☐ 1.7 mg	☐ 1.3 mg	
Niacin	☐ 20 mg	☐ 16 mg NE*	
Vitamin B6	☐ 2 mg	☐ 1.7 mg	
Folate (Folic Acid)	☐ 400 mcg	☐ 400 mcg DFE*	
Vitamin B12	☐ 6 mcg	☐ 2.4 mcg	
Biotin	☐ 300 mcg	☐ 30 mcg	
Pantothenic Acid	☐ 10 mg	☐ 5 mg	
Phosphorus	☐ 1000 mg	☐ 1250 mg	
Iodine	☐ 150 mcg	No change	
Magnesium	☐ 400 mg	☐ 420 mg	
Zinc	☐ 15 mg	☐ 11 mg	
Selenium	☐ 70 mcg	☐ 55 mcg	
Copper	☐ 2 mg	☐ 0.9 mg	
Manganese	☐ 2 mg	☐ 2.3 mg	
Chromium	☐ 120 mcg	☐ 35 mcg	
Molybdenum	☐ 75 mcg	☐ 45 mcg	
Chloride	☐ 3400 mg	☐ 2300 mg	
Choline	✘ No DV	☐ 550 mg	

Note

This document is intended as a broad overview.
Consult applicable references for additional caveats.

References

Original Rules: U.S. Code of Federal Regulations, 21 CFR 101.9
New 2016 Rules: Federal Register May 27, 2016, pp. 33741-34047

Key

✔ Mandatory
☐ Voluntary (mandatory if claims are made)
✘ Not allowed in the Nutrition Facts graphic
No DV = Daily Value not established
mcg = micrograms (µg)