

**EXAMPLES OF NUTRITION FACTS  
Based on Package Size**

**Large Packages (required for more than 40 square inches; optional for smaller packages)**

**Nutrition Facts Label #1**  
Vertical layout with optional  
"Calories per gram" footnote

Nutrition Facts	
Serving Size 15 pieces (40g) Servings Per Container about 3	
Amount Per Serving	
Calories 220	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*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	

**Nutrition Facts Label #2**  
Vertical layout without "Calories per gram" footnote

Nutrition Facts	
Serving Size 15 pieces (40g) Servings Per Container about 3	
Amount Per Serving	
Calories 220	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*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

**Nutrition Facts Label #3**  
Side-by-side layout (split) may be used when  
the vertical layout does not fit

Nutrition Facts	
Serving Size 15 pieces (40g) Servings Per Container about 3	
Amount Per Serving	
Calories 220	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*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" footnote is optional on large packages. For illustration purposes, we have shown the vertical layout with and without this footnote

**Nutrition Facts Label #4**

Tabular (horizontal) layout may be used when neither the vertical nor side-by-side layout fits (i.e., less than 3" continuous vertical space)

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. Calories: 2,000 2,500
	Serving Size 15 pieces (40g) Servings Per Container about 3 Calories 220 Calories from Fat 120	Total Fat 13g	20%	Total Carbohydrate 24g	
	Saturated Fat 12g	60%	Dietary Fiber 2g	8%	
	Trans Fat 0g		Sugars 21g		
	Cholesterol 0mg	0%	Protein 2g		
	Sodium 10mg	0%	Vitamin A 0% • Vitamin C 0%	Calcium 2% • Iron 8%	
			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	

Food Consulting Company can prepare or review your nutrition facts label with our **Nutrition Facts Label** service. You receive print-ready artwork for your designer to position directly onto your package.