

EXAMPLES OF NUTRITION FACTS
Special Situations

Simplified Format (optional when 8 or more nutrients have a 0 value)

“Not a significant source” required when voluntary nutrients are declared or claims are made on the label or in labeling

Nutrition Facts Label #11
Voluntary nutrients and/or claims

Nutrition Facts	
Serving Size 1 Tablespoon (14g)	
Servings Per Container 64	
Amount Per Serving	
Calories 120 Calories from Fat 120	
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 9g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	
Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts Label #12
No voluntary nutrients or claims

Nutrition Facts	
Serving Size 8 fl oz (240mL)	
Servings Per Container about 4	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Sodium 10mg	0%
Total Carbohydrate 28g	9%
Sugars 28g	
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	

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.