

**EXAMPLES OF NUTRITION FACTS
Trans Fat Declarations when Trans Fat is 0**

Example of a correct Nutrition Facts panel for a product with 0g total fat:

Nutrition Facts	
Serv. Size 1 bar (20g) Calories 70	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Amount/Serving	% DV*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carb. 18g	6%
Sugars 15g	
Protein 0g	

This is a CORRECT "simplified" Nutrition Facts [21CFR101.9(f) rules], since eight (8) or more of the nutrients required by the Nutrition Labeling & Education Act (NLEA) are present in insignificant amounts ... PROVIDED that the "not a significant source" statement is not required.

In this example, where the "not a significant source" statement is not used, the careful observer will notice that the trans fat declaration is not allowed.

Examples of Nutrition Facts panels for a product that contains a reportable amount of total fat:

Nutrition Facts	
Serv. Size 1 bar (20g) Calories 80	
Fat Cal. 15	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Amount / Serving	%DV*
Total Fat 1.5g	2%
Sat. Fat 1.5g	8%
Sodium 10mg	0%
Total Carb. 17g	6%
Sugars 11g	
Protein 0g	
Not a significant source of trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.	

This is a CORRECT "simplified" Nutrition Facts [21CFR101.9(f) rules], but an INCORRECT "standard" Nutrition Facts [21CFR101.9(c) rules].

The rules for "simplified" nutrition labeling allow only core nutrients (total calories, total fat, total carbohydrate, protein, sodium) and other nutrients that are present in more than insignificant amounts to be declared on separate lines.

The "not a significant source" statement may voluntarily be used on a "simplified" Nutrition Facts, but the statement is required in some situations, e.g., when nutrition claims are made.

Nutrition Facts	
Serv. Size 1 bar (20g) Calories 80	
Fat Cal. 15	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Amount / Serving	%DV*
Total Fat 1.5g	2%
Sat. Fat 1.5g	8%
Trans Fat 0g	
Sodium 10mg	0%
Total Carb. 17g	6%
Sugars 11g	
Protein 0g	
Not a significant source of cholest., fiber, vitamin A, vitamin C, calcium and iron.	

This is a CORRECT "standard" Nutrition Facts [21CFR101.9(c) rules], but an INCORRECT "simplified" Nutrition Facts [21CFR101.9(f) rules].

For products with 0.5g or more total fat per serving, 21CFR101.9(c)(2) requires that "standard" Nutrition Facts show the fat breakdown (saturated, trans) on separate lines even when the values are 0.

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.