

U.S. DAILY VALUES & NUTRITION FACTS DECLARATIONS

Comparison: Current vs. Proposed Rules

Nutrient	Current	Proposed	Notes
Calories	<input checked="" type="checkbox"/> 2000	No change	
Calories from Fat	<input checked="" type="checkbox"/> No DV	<input checked="" type="checkbox"/> No DV	
Calories from Saturated Fat	<input type="checkbox"/> No DV	No change	
Total Fat	<input checked="" type="checkbox"/> 65 g	No change	
Saturated Fat	<input checked="" type="checkbox"/> 20 g	No change	
Trans Fat	<input checked="" type="checkbox"/> No DV	No change	
Polyunsaturated Fat	<input type="checkbox"/> No DV	No change	
Monounsaturated Fat	<input type="checkbox"/> No DV	No change	
Cholesterol	<input checked="" type="checkbox"/> 300 mg	No change	
Sodium	<input checked="" type="checkbox"/> 2400 mg	<input checked="" type="checkbox"/> 2300 mg	
Potassium	<input type="checkbox"/> 3500 mg	<input checked="" type="checkbox"/> 4700 mg	
Total Carbohydrate	<input checked="" type="checkbox"/> 300 g	No change	¹ 14g fiber/1000 Kcal, 28g fiber/2000 Kcal; the proposed definition excludes synthetic and non-digestible carbohydrates currently considered as fibers if the compounds do not have a documented beneficial physiological effect.
Dietary Fiber	<input checked="" type="checkbox"/> 25 g	<input checked="" type="checkbox"/> 28 g ¹	
Soluble Fiber	<input type="checkbox"/> No DV	No change	
Insoluble Fiber	<input type="checkbox"/> No DV	No change	
Sugars	<input checked="" type="checkbox"/> No DV	No change	² Proposed definition of Added Sugars: Sugars that are either added as ingredients during processing or are finished foods; this includes sugars (free, mono- and disaccharides), syrups, naturally occurring and concentrated sugars isolated from a whole food (e.g., fruit juice concentrates), and other caloric sweeteners. Sugar Alcohols are not Added Sugars. Names for Added Sugars include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high fructose corn syrup, honey, invert sugar, lactose, malt sugar, maltose, molasses, raw sugar, sucrose, sugar, trehalose, and turbinado sugar.
Added Sugars	<input checked="" type="checkbox"/> No DV	<input checked="" type="checkbox"/> No DV ²	
Sugar Alcohols	<input type="checkbox"/> No DV	No change	
Other Carbohydrate	<input type="checkbox"/> No DV	<input checked="" type="checkbox"/> No DV	
Protein	<input checked="" type="checkbox"/> 50 g	No change	
Vitamin A	<input checked="" type="checkbox"/> 5000 IU	<input type="checkbox"/> 900 mcg RAE ³	³ New units are proposed for the Daily Value of 5 vitamins, each with their own conversion factors:
Vitamin C	<input checked="" type="checkbox"/> 60 mg	<input type="checkbox"/> 90 mg	
Calcium	<input checked="" type="checkbox"/> 1000 mg	<input checked="" type="checkbox"/> 1300 mg	
Iron	<input checked="" type="checkbox"/> 18 mg	No change	
Vitamin D	<input type="checkbox"/> 400 IU	<input checked="" type="checkbox"/> 20 mcg ³	• 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 E	<input type="checkbox"/> 30 IU	<input type="checkbox"/> 15 mg ³	• Vitamin D changes from IU to mcg Conversion factor: 40 IU = 1 mcg The proposed DV of 20 mcg is 800 IU
Vitamin K	<input type="checkbox"/> 80 mcg	<input type="checkbox"/> 120 mcg	• Vitamin E changes from IU to mg Conversion factor: 1.5 IU = 1 mg The proposed DV of 15 mg is 22.5 IU
Thiamin	<input type="checkbox"/> 1.5 mg	<input type="checkbox"/> 1.2 mg	
Riboflavin	<input type="checkbox"/> 1.7 mg	<input type="checkbox"/> 1.3 mg	
Niacin	<input type="checkbox"/> 20 mg	<input type="checkbox"/> 16 mg NE ³	• 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
Vitamin B6	<input type="checkbox"/> 2 mg	<input type="checkbox"/> 1.7 mg	
Folate (Folic Acid)	<input type="checkbox"/> 400 mcg	<input type="checkbox"/> 400 mcg DFE ³	• Folate changes from mcg to mcg DFE (Dietary Folate Equivalent) Conversion factor depends on the source of folate: 1 mcg DFE = 1 mcg food folate 1 mcg DFE = 0.6 mcg folic acid from fortified foods 1 mcg DFE = 0.6 mcg folic acid from dietary supplements consumed with foods 1 mcg DFE = 0.5 mcg folic acid from dietary supplements taken on an empty stomach
Vitamin B12	<input type="checkbox"/> 6 mcg	<input type="checkbox"/> 2.4 mcg	
Biotin	<input type="checkbox"/> 300 mcg	<input type="checkbox"/> 30 mcg	
Pantothenic Acid	<input type="checkbox"/> 10 mg	<input type="checkbox"/> 5 mg	
Phosphorus	<input type="checkbox"/> 1000 mg	<input type="checkbox"/> 1250 mg	
Iodine	<input type="checkbox"/> 150 mcg	No change	
Magnesium	<input type="checkbox"/> 400 mg	<input type="checkbox"/> 420 mg	
Zinc	<input type="checkbox"/> 15 mg	<input type="checkbox"/> 11 mg	
Selenium	<input type="checkbox"/> 70 mcg	<input type="checkbox"/> 55 mcg	
Copper	<input type="checkbox"/> 2 mg	<input type="checkbox"/> 0.9 mg	
Manganese	<input type="checkbox"/> 2 mg	<input type="checkbox"/> 2.3 mg	
Chromium	<input type="checkbox"/> 120 mcg	<input type="checkbox"/> 35 mcg	
Molybdenum	<input type="checkbox"/> 75 mcg	<input type="checkbox"/> 45 mcg	
Chloride	<input type="checkbox"/> 3400 mg	<input type="checkbox"/> 2300 mg	
Choline	<input checked="" type="checkbox"/> No DV	<input type="checkbox"/> 550 mg	

Note

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

References

Current Rules: U.S. Code of Federal Regulations, 21 CFR 101.9
Proposed Rules: Federal Register March 3, 2014, pp. 11879-12029

Key

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