

REFERENCE AMOUNTS FOR DAILY INTAKES
Comparison by Geography

Nutrient	U.S.	Canada	Mexico	EU	Notes	
Energy	☑ 2000	☑ 2000	☑ NVE	☑ 2000	US & Canada: express as Calories Mexico & EU: express as kJ/kcal NOTE: regulations for calculation method vary	
Calories from Fat	☑ NVE	☑ NVE	☑ NVE	☒ NVE		
Calories from Saturated Fat	☑ NVE	☑ NVE	☑ NVE	☒ NVE		
Total Fat	☑ 65 g	☑ 65 g	☑ NVE	☑ 70 g		
Saturated Fat	☑ 20 g	☑ 20 g	☑ NVE	☑ 20 g	EU: must declare as "Fat" (drop Total) Canada: 20g total for Sat + Trans (not 20g each) Mexico: must display all or none of the following: Trans, Poly, Mono, Cholesterol	
Trans Fat	☑ NVE	☑ 20 g	☑ NVE	☒ NVE		
Polyunsaturated Fat	☑ NVE	☑ NVE	☑ NVE	☑ NVE		
Monounsaturated Fat	☑ NVE	☑ NVE	☑ NVE	☑ NVE		
Cholesterol	☑ 300 mg	☑ 300 mg	☑ NVE	☒ NVE		
Omega-3 Fatty Acids	☒ NVE	☑ NVE	☑ NVE	☒ NVE		
Omega-6 Fatty Acids	☒ NVE	☑ NVE	☑ NVE	☒ NVE		
Salt	☒ NVE	☒ NVE	☒ NVE	☑ 6 g		EU: salt determined by multiplying sodium X 2.5
Sodium	☑ 2400 mg	☑ 2400 mg	☑ NVE	☒ NVE		
Potassium	☑ 3500 mg	☑ 3500 mg	☑ NVE	☑ 2000 mg		Mexico & EU: same as other vitamins/minerals
Total Carbohydrate	☑ 300 g	☑ 300 g	☑ NVE	☑ 260 g	US & Canada: fiber (fibre) included in Total Carbohydrate Mexico: may declare as "Available Carbohydrate"; fiber excluded from carbohydrate value EU: must declare as "Carbohydrate" (drop Total); fiber excluded from carbohydrate value NOTE: the regulated definition of fiber differs considerably across geographies	
Dietary Fiber	☑ 25 g	☑ 25 g	☑ 30 g	☑ NVE		
Soluble Fiber	☑ NVE	☑ NVE	☑ NVE	☒ NVE		
Insoluble Fiber	☑ NVE	☑ NVE	☑ NVE	☒ NVE		
Sugars	☑ NVE	☑ NVE	☑ NVE	☑ 90 g		
Sugar Alcohol (Polyols)	☑ NVE	☑ NVE	☑ NVE	☑ NVE		
Other Carbohydrate	☑ NVE	☑ NVE	☒ NVE	☒ NVE		
Starch	☑ NVE	☑ NVE	☑ NVE	☑ NVE		
Polydextrose	☒ NVE	☒ NVE	☑ NVE	☒ NVE		
Protein	☑ 50 g	☑ NVE	☑ NVE	☑ 50 g		NOTE: regulations for protein calculations vary
Vitamin A	☑ 5000 IU	☑ 1000 RE	☑ 568 mcg	☑ 800 mcg	US & Canada: must express as % Daily Value; must declare on fortified foods	
Vitamin C	☑ 60 mg	☑ 60 mg	☑ 60 mg	☑ 80 mg		
Calcium	☑ 1000 mg	☑ 1100 mg	☑ 900 mg	☑ 800 mg	Mexico: may express in units or as a percentage; must declare when present at ≥ 5%	
Iron	☑ 18 mg	☑ 14 mg	☑ 17 mg	☑ 14 mg		
Vitamin D	☑ 400 IU	☑ 5 mcg	☑ 5.6 mcg	☑ 5 mcg	EU: may express in units or as a percentage; may declare only when naturally-occurring levels are 15% for solids or 7.5% for liquids;	
Vitamin E	☑ 30 IU	☑ 10 mg	☑ 11 mg	☑ 12 mg		
Vitamin K	☑ 80 mcg	☑ 80 mcg	☑ 78 mcg	☑ 75 mcg	must declare on fortified foods (fortification levels must always reach 15% for solids or 7.5% for liquids)	
Thiamin	☑ 1.5 mg	☑ 1.3 mg	☑ 800 mcg	☑ 1.1 mg		
Riboflavin	☑ 1.7 mg	☑ 1.6 mg	☑ 804 mcg	☑ 1.4 mg		
Niacin	☑ 20 mg	☑ 23 NE	☑ 11 mg	☑ 16 mg		
Vitamin B6	☑ 2 mg	☑ 1.8 mg	☑ 930 mcg	☑ 1.4 mg		
Folate (Folic Acid)	☑ 400 mcg	☑ 220 mcg	☑ 380 mcg	☑ 200 mcg		
Vitamin B12	☑ 6 mcg	☑ 2 mcg	☑ 2.1 mcg	☑ 2.5 mcg		
Biotin	☑ 300 mcg	☑ 30 mcg	☑ NVE	☑ 50 mcg		
Pantothenic Acid	☑ 10 mg	☑ 7 mg	☑ 4 mg	☑ 6 mg		
Phosphorus	☑ 1000 mg	☑ 1100 mg	☑ 664 mg	☑ 700 mg		
Iodine	☑ 150 mcg	☑ 160 mcg	☑ 99 mcg	☑ 150 mcg		
Magnesium	☑ 400 mg	☑ 250 mg	☑ 248 mg	☑ 375 mg		
Zinc	☑ 15 mg	☑ 9 mg	☑ 10 mg	☑ 10 mg		
Selenium	☑ 70 mcg	☑ 50 mcg	☑ 41 mcg	☑ 55 mcg		
Copper	☑ 2 mg	☑ 2 mg	☑ 650 mcg	☑ 1 mg		
Manganese	☑ 2 mg	☑ 2 mg	☑ NVE	☑ 2 mg		
Chromium	☑ 120 mcg	☑ 120 mcg	☑ 22 mcg	☑ 40 mcg		
Molybdenum	☑ 75 mcg	☑ 75 mcg	☑ NVE	☑ 50 mcg		
Chloride	☑ 3400 mg	☑ 3400 mg	☑ NVE	☑ 800 mg		
Fluoride	☒ NVE	☒ NVE	☑ 2.2 mg	☑ 3.5 mg		

Note:

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

References:

U.S. Code of Federal Regulations, 21 CFR 101.9
Canada Dept of Justice Consolidated Regulations c.291, c.417, c.870
Mexican Official Norm NOM-051-SCFI/SSA 1-2010
Regulation No. 1169/2011 of the European Parliament and of the Council

Key:

- ☑ Mandatory
- ☑ Voluntary (becomes mandatory when claims are made)
- ☑ Dependent on the level present
- ☒ Not allowed in the nutrition facts box
- NVE = No Value Established
- mcg = micrograms (µg)