

**EXAMPLES OF NUTRITION FACTS
Side-by-side Comparison**

U.S. & Canada

Each country's regulations require different formatting and have several other key differences

Nutrition Facts Label #18
U.S. Regulations

Nutrition Facts		
Serving Size 1 biscotti (40g)		
Servings Per Container 6		
Amount Per Serving		
Calories 180	Calories from Fat 40	
	% Daily Value*	
Total Fat 4.5g		7%
Saturated Fat 3g		15%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 75mg		3%
Total Carbohydrate 31g		10%
Dietary Fiber 2g		8%
Sugars 13g		
Protein 3g		
Vitamin A 2% • Vitamin C 0%		
Calcium 2% • Iron 6%		
*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 #19
Canada Regulations

Nutrition Facts		
Valeur nutritive		
Per 1 biscotti (40 g) / pour 1 biscotti (40 g)		
Amount	% Daily Value	
Teneur	% valeur quotidienne	
Calories / Calories 180		
Fat / Lipides 4.5 g		7 %
Saturated / saturés 3 g		16 %
+ Trans / trans 0.2 g		
Cholesterol / Cholestérol 10 mg		
Sodium / Sodium 75 mg		3 %
Carbohydrate / Glucides 31 g		10 %
Fibre / Fibres 1 g		4 %
Sugars / Sucres 13 g		
Protein / Protéines 3 g		
Vitamin A / Vitamine A		4 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		8 %

U.S. Only Requirements

- 1 Servings Per Container
- 2 Calories from Fat
- 3 % Daily Value for Cholesterol
- 4 Daily Values (DV) footnote

Other Differences

- 5 Bilingual English/French with Anglicized English
- 6 Rounding rules for Trans Fat; and DV for Saturated + Trans
- 7 Fiber definition
- 8 DV for some vitamins and minerals

Note: Country-specific requirements result in different values for the same formulation

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.