

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

U.S. & EU

Each geography’s regulations require different formatting and have several other key differences

Nutrition Facts Label #22
U.S. Regulations

Nutrition Facts	
Serving Size 1 biscotti (40g) Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 40
<small>% Daily Value*</small>	
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%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
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 #23
EU Regulations

Nutritional Information	
	Per 100g
Energy	1837kJ / 436kcal
Fat	11.5g
Of which Saturates	7.0g
Carbohydrate	73.0g
Of which Sugars	31.6g
Fibre	5.2g
Protein	7.7g
Salt	0.5g

U.S. Only Requirements

- 1 Servings Per Container
- 2 Calories from Fat
- 3 % Daily Value column
- 4 Trans Fat
- 5 Cholesterol
- 6 Vitamin A, Vitamin C, Calcium, Iron
- 7 Daily Values footnote

Other Differences

- 8 Native language and/or Anglicized English
- 9 FDA 40g serving size vs. 100g
- 10 Energy: Calories vs. kJ/kcal
- 11 Nutrient order
- 12 Fiber included in carbohydrate value for US; not EU
- 13 Sodium vs. Salt
- 14 Vitamins and minerals permitted in EU only when 15% or more for solids

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.