

EXAMPLES OF NUTRITION FACTS
Side-by-side Comparison

U.S. & Mexico

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

Nutrition Facts Label #20
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 #21
Mexico Regulations

Información Nutricional	
Tamaño de la Porción 100g	
Contenido Energético 1784 kJ (423 kcal)	
Proteínas	8 g
Grasa	11 g
de la cual Grasa Saturada	7 g
Carbohidratos Total	73 g
de la cual Azúcares	32 g
Fibra Dietética	5 g
Sodio	190 mg
Vitamina A	16%
Calcio	8%
Hierro	16%
Nutriments / VNR Percentage (RDI or SDI)	

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 Spanish
- 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 Mexico
- 13 Vitamins and minerals included in Mexico only when 5% or more

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.