

**EXAMPLES OF NUTRITION FACTS
Special Situations**

Dual Declaration (two columns of nutrition values within the same nutrition facts label)

Optional for foods requiring further preparation, typically eaten with another food, or to show an additional serving size

Nutrition Facts Label #13

Requires further preparation; as purchased shown first

Nutrition Facts		
Serving Size 1/8 packet (2g dry, makes 2 Tbsp) Servings Per Container 8		
Amount Per Serving	Dry Mix	Prepared
Calories	5	170
Calories from Fat	0	160
	% Daily Value**	
Total Fat 0g*	0%	28%
Saturated Fat 0g	0%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 320mg	13%	13%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 1g		
Protein 0g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	0%	0%
Iron	0%	0%

*Amount in Dry Mix. Prepared contributes an additional 170 Calories (160 Calories from Fat), 18 g Total Fat (2.5 g Saturated Fat), 2 g Total Carbohydrate (2 g Sugars).

**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 #14

Typically eaten with another food; as purchased shown first

Nutrition Facts		
Serving Size 1 cup (56g) Servings Per Container about 10		
Amount Per Serving	Cereal	With 1/2 Cup Skim Milk
Calories	210	250
Calories from Fat	20	25
	% Daily Value**	
Total Fat 2.5g*	4%	4%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 250mg	10%	13%
Total Carbohydrate 44g	15%	17%
Dietary Fiber 4g	16%	16%
Sugars 9g		
Protein 6g		
Vitamin A	10%	10%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	90%	100%

*Amount in Cereal. With 1/2 Cup Skim Milk contributes an additional 40 Calories (5 Calories from Fat), 50 mg Sodium, 6 g Total Carbohydrate (6 g Sugars), 4 g Protein.

**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 #15

More than one serving size; required serving size shown first

Nutrition Facts		
Serving Size 8 pieces (140g) Servings Per Container about 4		
Amount Per Serving	8 pieces	1 piece
Calories	350	45
Calories from Fat	150	20
	% Daily Value**	
Total Fat 16g*	25%	3%
Saturated Fat 4g	20%	3%
Trans Fat 2.5g		
Cholesterol 15mg	5%	0%
Sodium 790mg	33%	4%
Total Carbohydrate 41g	14%	2%
Dietary Fiber 2g	8%	0%
Sugars 5g		
Protein 13g		
Vitamin A	6%	0%
Vitamin C	0%	0%
Calcium	6%	0%
Iron	15%	2%

*Amount in 8 pieces.

**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

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.