Examples of Nutrition Facts Panels for Ground Products

Beef, ground, 95% lean / 5% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 150 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Cholesterol 70mg	**23%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 24g	**48%**
Iron 15%	•

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Beef, ground, 90% lean / 10% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 200 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 4.5g	**23%**
Cholesterol 75mg	**24%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 22g	**45%**
Iron 15%	•

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Beef, ground, 80% lean / 20% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 280	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 9g	**43%**
Cholesterol 80mg	**27%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 19g	**38%**
Iron 10%	•

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Beef, ground, 75% lean / 25% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 330	Calories from Fat 250
	% Daily Value*
Total Fat 28g	**43%**
Saturated Fat 11g	**53%**
Cholesterol 85mg	**28%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 18g	**35%**
Iron 10%	•

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Beef, ground, 70% lean / 30% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 370 Calories from Fat 300

	% Daily Value*
Total Fat 34g	**52%**
Saturated Fat 13g	**63%**
Cholesterol 85mg	**29%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 16g	**32%**

Iron 10% •

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Veal, ground, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 160 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3g	**16%**
Cholesterol 90mg	**31%**
Sodium 90mg	**4%**
Total Carbohydrate 0g	**0%**
Protein 22g	**43%**

Iron 6% •

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Pork, ground, 91% lean, 9% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving	
Calories 190	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2g	**10%**
Cholesterol 80mg	**26%**
Sodium 65mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 23g	**46%**
Iron 6%	•

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Chicken, ground, 89% lean, 11% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving	
Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**19%**
Saturated Fat 3.5g	**18%**
Cholesterol 75mg	**25%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 23g	**45%**
Iron 6%	•

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Ground turkey, 92% lean, 8% fat, raw

Nutrition Facts

Serving Size 4 oz (112g)
raw, as packaged.
Servings Per Container varied

Amount Per Serving

Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2.5g	**12%**
Cholesterol 85mg	**28%**
Sodium 75mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 21g	**42%**

Iron 8% •

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium

* Percent Daily Values are based on a 2,000-calorie diet

Tabular Format

Ground Chicken

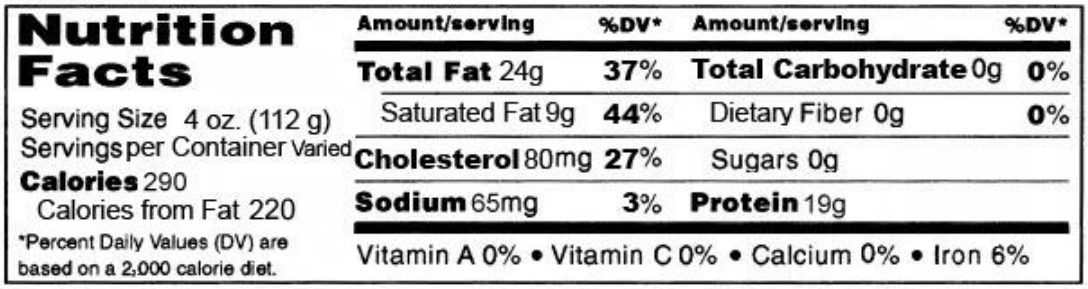
Nutrition Facts

Serving Size 4 oz. (112 g)
Servings per Container Varied
Calories 160
Calories from Fat 80
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 9g	**14%**	**Total Carbohydrate** 0g	**0%**
Saturated Fat 2.5g	**13%**	Dietary Fiber 0g	**0%**
Cholesterol 95mg	**32%**	Sugars 0g	
Sodium 65mg	**3%**	**Protein** 20g	

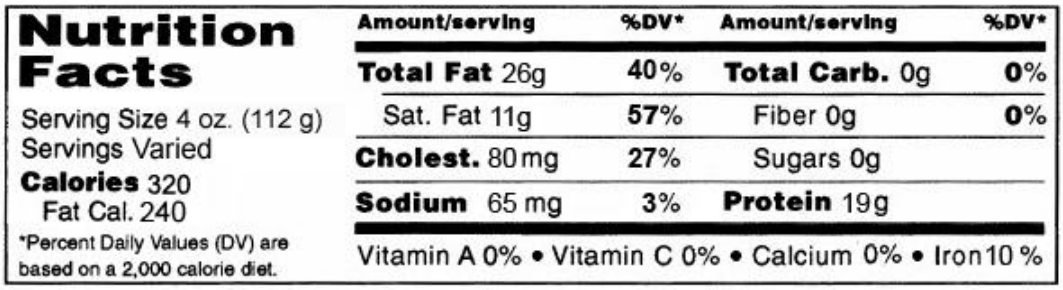
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%

Ground Pork



Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 4 oz. (112 g)	**Total Fat** 24g	**37%**	**Total Carbohydrate** 0g	**0%**
Servings per Container Varied	Saturated Fat 9g	**44%**	Dietary Fiber 0g	**0%**
Calories 290	**Cholesterol** 80mg	**27%**	Sugars 0g	
Calories from Fat 220	**Sodium** 65mg	**3%**	**Protein** 19g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

Ground Lamb



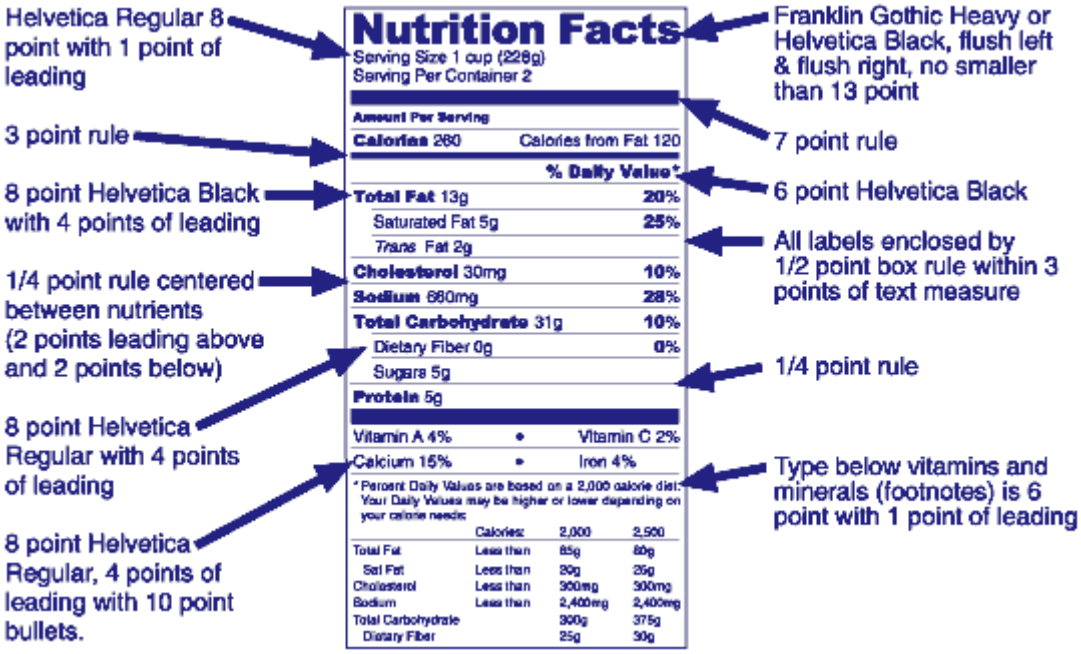
Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 4 oz. (112 g)	**Total Fat** 26g	**40%**	**Total Carb.** 0g	**0%**
Servings Varied	Sat. Fat 11g	**57%**	Fiber 0g	**0%**
Calories 320	**Cholest.** 80mg	**27%**	Sugars 0g	
Fat Cal. 240	**Sodium** 65 mg	**3%**	**Protein** 19g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10 %			

Note: These tabular formats are just examples. The nutrition facts values for ground product an establishment manufactures may differ depending on the fat content of the trimmings or parts used as starting material.

Additional Information Regarding Nutrition Facts Formats

1. How large must the Nutrition Facts label be?
Answer: There are no specific size requirements for the nutrition label. However, the "Nutrition Facts" heading must be in a type size larger than all other print size in the nutrition label and generally set the full width of the nutrition facts label (9 CFR 317.309(d) and 381.409(d)). Minimum type sizes of 6 point and 8 point are required for the other information in the nutrition label, and there are minimum spacing requirements between lines of text.

2. What are the minimum type sizes and other format requirements for the Nutrition Facts label?
Answer: The illustration below indicates an example of the graphics FSIS uses to display the Nutrition Facts label. Format requirements are specified in 9 CFR 317.309(d) and 381.409(d).



Overall
Nutrition Facts label is boxed with all black or one color type printed on a white or neutral background

Typeface and Size

1. The Nutrition Facts label uses 6 point or larger Helvetica Black and/or Helvetica Regular type. In order to fit some formats the typography may be kerned as much as -4 (tighter kerning reduces legibility).
2. Key nutrients & their % Daily Value are set in 8 point Helvetica Black (but "%" is set in Helvetica Regular).
3. Nutrition Facts is set in either Franklin Gothic Heavy or Helvetica Black to fit the width of the label flush left and flush right.

4. Serving Size and Servings per container are set in 8 point Helvetica Regular with 1 point of leading.
5. The table labels (for example, "Amount per Serving") are set in 6 point Helvetica Black.
6. Absolute measures of nutrient content (for example, "1g") and nutrient subgroups are set in 8 point Helvetica Regular with 4 points of leading.
7. Vitamins and minerals are set in 8 point Helvetica Regular, with 4 points of leading, separated by 10 point bullets.
8. All type that appears under vitamins and minerals is set in 6 point Helvetica Regular with 1 point of leading.

Rules

1. A 7 point rule separates large groupings as shown in the example. A 3 point rule separates calorie information from the nutrient information.
2. A hairline rule or 1/4 point rule separates individual nutrients, as shown in the example. The top half of the label (nutrient information) has 2 points of leading between the type and the rules, the bottom half of the label (footnotes) has 1 point of leading between the type and the rules.

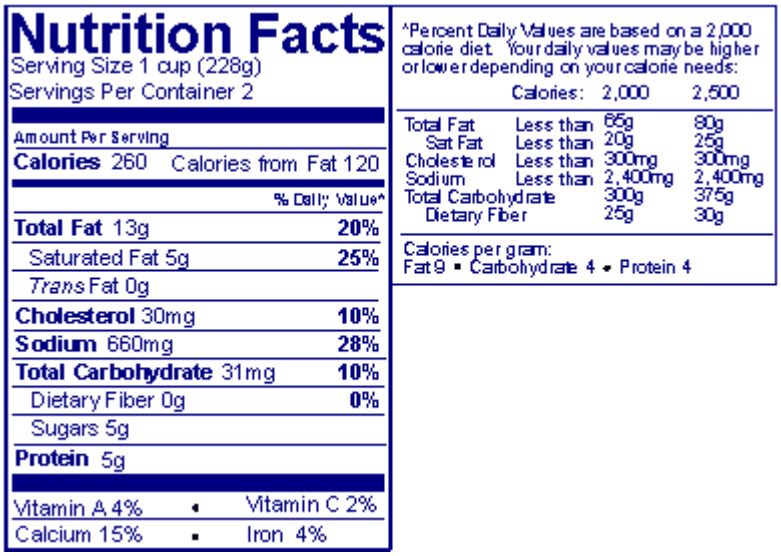
Box
All labels are enclosed by ½ point box rule within 3 points of text measure.

3. Must all of the type specifications shown with the nutrition format example (above) be followed?
Answer: No. The mandatory type specifications are listed in 9 CFR 317.309(d) and 381.409(d). Unlike the illustrative example of section (above):

1. Any legible type style may be used, not just Helvetica.
2. The heading Nutrition Facts must be the largest type size in the nutrition label (i.e., it must be larger than 8-point, but does not need to be 13-point).
3. There is no specific thickness required for the three bars that separate the central sections of the nutrition label.

4. Can I use type sizes larger than 8 point and 6 point?
Answer: The requirement for 6 and 8 point type sizes are minimum requirements. Larger type sizes may be used.

5. What can be done if the regular Nutrition Facts label (i.e., the vertical format) does not fit the package?
Answer: On packages with more than 40 square inches available to bear labeling, the "side-by-side" format may be used if the regular Nutrition Facts label does not fit. In this format, the bottom part of the Nutrition Facts label (following the vitamin and mineral information) is placed immediately to the right and separated with a line. If additional vitamins and minerals are listed after iron and the space under iron is inadequate, they may also be listed to the right with a line that sets them apart from the footnotes.



Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31mg	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

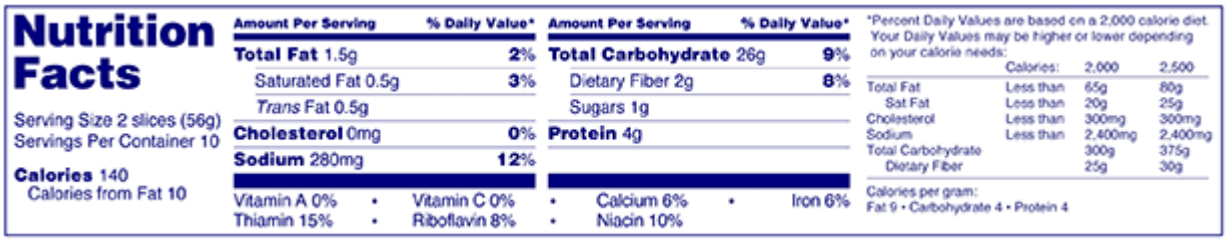
Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

*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
Sat 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Also, if the package has insufficient continuous vertical space (i.e., about 3 inches) to accommodate the above format, the nutrition label may be presented in a tabular (i.e., horizontal) display.



Nutrition Facts
Serving Size 2 slices (56g)
Servings Per Container 10

Calories 140
Calories from Fat 10

Amount Per Serving	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**

Amount Per Serving	% Daily Value*
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 4g	

Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6%
Thiamin 15% • Riboflavin 8% • Niacin 10%

*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
Sat 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Bilingual Format

6. On labels that have two languages, may nutrition information be provided in one bilingual Nutrition Facts label?
Answer: When nutrition labeling must be presented in a second language, the nutrition information may be presented in separate nutrition labels for each language or in one label with the second language, translating all required information, following that in English. Numeric characters that are identical in both languages need not be repeated.

Nutrition Facts/Datos de Nutrición

Serving Size/Tamaño por Ración 1 cup/1 taza (228g)
Servings Per Container/Raciones por Envase 2

Amount Per Serving/Cantidad por Ración

Calories/Calorías 260 Calories from Fat/Calorías de Grasa 120

	% Daily Value*/% Valor Diario*
Total Fat/Grasa Total 13g	**20%**
Saturated Fat/Grasa Saturada 5g	**25%**
Trans Fat/Grasa *Trans* 2g	
Cholesterol/Colesterol 30mg	**10%**
Sodium/Sodio 660mg	**28%**
Total Carbohydrate/Carbohidrato Total 31g	**11%**
Dietary Fiber/Fibra Dietética 0g	**0%**
Sugars/Azúcares 5g	
Protein/Proteínas 5g	

Vitamin A/Vitamina A 4%	•	Vitamin C/Vitamina C 2%
Calcium/Calcio 15%	•	Iron/Hierro 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

*Los porcentajes de Valores Diario están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calories/Calorías:	2,000	2,500
Total Fat/Grasa Total 13g	Less than/Menos de	65g	80g
Saturated Fat/Grasa Saturada 5g	Less than/Menos de	20g	25g
Cholesterol/Colesterol 30mg	Less than/Menos de	300mg	300mg
Sodium/Sodio 660mg	Less than/Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidrato Total 31g		300g	375g
Dietary Fiber/Fibra Dietética 0g		25g	30g

Simplified Format

7. What are the special labeling provisions for one or more mandatory nutrients being declared as "0?"

Answer: The footnote after "*Percent Daily Values are based on a 2000 calorie diet" can be deleted.

Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings Per Container 64

Amount Per Serving

Calories 130 Calories from Fat 130

	% Daily Value
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 2g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Protein 0g	

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Small Packages and Intermediate-Sized Packages

8. What are the special labeling provisions for small and intermediate-sized packages?
Answer: Food packages with a surface area of 40 sq. in. or less available for labeling may place the Nutrition Facts label on any label panel (not limited to the information panel), may omit the footnote required in 9 CFR 317.309(d) and 381.409(d) if an asterisk is placed at the bottom of the label with the statement "Percent Daily Values are based on a 2,000 calorie diet," and, may also use the tabular display label format.

9. Are abbreviations permitted in Nutrition Facts labels for small and intermediate-sized packages?
Answer: Food packages with a surface area of 40 sq. in. or less available for labeling may use the following abbreviations in the Nutrition Facts label:

Label Term	Abbreviation	Label Term	Abbreviation
Serving size	Serv size	Cholesterol	Cholest
Servings per container	Servings	Total carbohydrate	Total carb
Calories from fat	Fat cal	Dietary fiber	Fiber
Calories from saturated fat	Sat fat cal	Soluble fiber	Sol fiber
Saturated fat	Sat fat	Insoluble fiber	Insol fiber
Monounsaturated fat	Monounsat fat	Sugar alcohol	Sugar alc
Polyunsaturated fat	Polyunsat fat	Other carbohydrate	Other carb

9 CFR 317.309(g)(2) and 381.409(g)(2)