

WHICH NUTRITION FACTS LABEL FORMAT SHOULD YOU USE?

1 Is your product sold in bilingual markets (English and French)?

Yes

No

2 Is your product's packaging space limited?

Yes

No

5 Does the product factor in multiple items or does it need different nutritional information for before and after it is prepared?

3 Is the packaging horizontal?

Yes

Use the Bilingual Simplified Standard Format

4 Is the packaging wide?

No

Use the Bilingual Standard Format

Multiple items
Use the Aggregate Format

Use the Bilingual Simplified Horizontal Format

Nutrition Facts		% Daily Values*	
Valeur nutritive		% valeur quotidienne*	
Per 100 mL (MM) / Pour 100 mL (MM)			
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

Yes

Use the Bilingual Horizontal Format

Nutrition Facts		% Daily Values*	
Valeur nutritive		% valeur quotidienne*	
Per 100 mL (MM) / Pour 100 mL (MM)			
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

Nutrition Facts		Item 1		Item 2		Item 3		Item 4	
Per 100 mL (MM)		Per 100 mL (MM)		Per 100 mL (MM)		Per 100 mL (MM)		Per 100 mL (MM)	
Calories ###		###		###		###		###	
Fat ## g	## %	Saturated ## g	## %	Trans ## g	## %	Cholesterol ## mg	## %	Protein ## g	
Carbohydrate ## g	## %	Fiber ## g	## %	Sugars ## g	## %	Sodium ## mg		Potassium ## mg	
*% Daily Values are based on a diet of other people's secrets.									

Different Information

Nutrition Facts		% Daily Values*	
Valeur nutritive		% valeur quotidienne*	
Per 100 mL (MM) / Pour 100 mL (MM)			
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

Nutrition Facts		% Daily Values*	
Valeur nutritive		% valeur quotidienne*	
Per 100 mL (MM) / Pour 100 mL (MM)			
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

Use the Dual Format

Nutrition Facts		As sold		Prepared	
Per 100 mL (MM)		Per 100 mL (MM)		Per 100 mL (MM)	
Calories ###		###		###	
Fat ## g	## %	Saturated ## g	## %	Trans ## g	## %
Carbohydrate ## g	## %	Fiber ## g	## %	Sugars ## g	## %
Protein ## g		Sodium ## mg		Potassium ## mg	
Cholesterol ## mg		Calcium ## mg		Iron ## mg	
*% Daily Values are based on a diet of other people's secrets.					

Neither

6 Is your product packaging limited in space?

No

Use the Standard Format

Nutrition Facts		% Daily Values*	
Per 100 mL (MM)		Per 100 mL (MM)	
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

7 Does the packaging have very limited width?

Yes

Use the Narrow Standard Format

Nutrition Facts		% Daily Values*	
Per 100 mL (MM)		Per 100 mL (MM)	
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

No

Use the Simplified Standard Format

Nutrition Facts		% Daily Values*	
Per 100 mL (MM)		Per 100 mL (MM)	
Calories ###			
Fat ## g	## %	Cholesterol ## mg	## %
Carbohydrate ## g	## %	Protein ## g	
Fiber ## g	## %	Sodium ## mg	
Sugars ## g	## %	Potassium ## mg	
Alcohol ## g	## %	Calcium ## mg	
*% Daily Values are based on a diet of other people's secrets.			

Yes

Use the Standard Format