



CREATE FDA APPROVED NUTRITION LABELS

LabelCalc is an all-in-one online nutrition label generator that allows you to create & print FDA-approved nutrition panel for your food products in just minutes.

[LABELCALC.COM](https://labelcalc.com)

FOR OVER 15 YEARS,

LABELCALC HAS ANALYZED MORE THAN 30,000 FOOD PRODUCTS, WITHOUT A SINGLE RECALL. SEE WHY MAJOR BRANDS AND THOUSANDS OF AT-HOME FOOD BUSINESSES TRUST LABELCALC'S NUTRITION FACTS LABEL MAKER WITH THEIR NUTRITION ANALYSIS AND FDA-COMPLIANCE NEEDS.

LabelCalc's Nutrition Label Calculator Helps You Get and Accurate FDA-Approved Nutrition Labels in 4 Steps:

1. Enter your product recipe and match your ingredients to our pre-analyzed ingredient database.
2. Identify your food product serving size using LabelCalc's serving size assistance tools.
3. LabelCalc's nutrition label calculator will automatically flag allergens in your product. Simply confirm to create your allergen statement.
4. Download and print your FDA-compliant and retail-ready nutrition facts label instantly.

L A B E L C A L C . C O M

CONTENTS

1

CREATE A NUTRITION LABEL

2

SERVING SIZE FOR FOOD PRODUCTS

3

HOW TO DETERMINE SERVING SIZE

4

IS YOUR NUTRITION LABEL IN AN FDA-APPROVED FORMAT?

5

VIEW SAMPLE NUTRITION FACTS PANELS FROM LABELCALC

6

CREATING AN FDA-COMPLIANT INGREDIENT STATEMENT

CHAPTER 1

CREATE A NUTRITION LABEL

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HOW TO CREATE A NUTRITION LABEL

Creating a nutrition label for your food product does not have to be complicated. But if we were completely honest, if this is your first exposure to food manufacturing, creating a nutrition label for your food product can be a little scary. It can be overwhelming to navigate a nutrition database if you've never used one before. Then once you layer in the need to understand the importance of FDA regulations, FDA food labeling can feel stressful!

For this reason, we've put together a comprehensive overview of how to create an FDA-Compliant nutrition facts label using the LabelCalc platform, complete with the basic terminology used within the platform so you can be in the driver's seat from start to finish.

We're positive that you can create a nutrition label with more confidence than ever once you've finished reading this article!

Let's begin.....:



You can create your own nutrition facts panel, you just have to understand the basics!

WHAT IS AN INGREDIENT DATABASE?

And ingredient database is exactly what it sounds like: a database full of ingredients. LabelCalc uses multiple ingredient databases in order to help you quickly create a nutrition label for your product. These databases range from a general ingredient database to your very own ingredients.

These databases contain all of the ingredients (and their nutritional values) that culminate together to create your FDA nutrition label from your recipe. When you begin to create your label in LabelCalc, you will start off by “searching for ingredients” from the database that best suits your recipe:

There are 3 databases in the LabelCalc platform:

1. General Ingredient Database– database containing everyday ingredients without a brand name. Each ingredient has a nutrient value assigned. As recipe ingredients and measurements are entered, the nutrients for each ingredient are calculated and then added to your nutrient report for your food product.
2. Branded Ingredient Database– same as the general ingredient database, only with the brands you know and love.
3. My Ingredient Database– This is the space where your unique ingredients are stored.

If you're unable to find your recipe ingredients in the previous two databases, unique ingredients can be placed here and then later plugged into your nutrition analysis to complete your nutrition facts panel in the most accurate way.

These 3 databases will help you enter any product recipe into LabelCalc and create an FDA-compliant nutrition facts panel in all of an hour or less. And just in case no one told you, even the most user-friendly platforms have a bit of learning curve.

WHAT IS A SERVING SIZE?

Now that you've got the hang of what an ingredient database is and how to use them to create your nutrition facts panel, it's important to understand what a serving size is and all the terminology around this portion of the nutrition label.

Important Serving Size Terminology

Serving Size– the single serving size amount for your food product.

Servings Per Container– the amount of single servings fit in the container that you are selling to the consumer.

Actual Serving Size– the weight of your single serving size in grams. (In LabelCalc, fill in the “actual serving size” field with this value.

You might be beginning this label creation journey already knowing what your single serving size is, while some of you might not have the slightest idea. If you are the latter, don't fret, the FDA has a lot to say about product serving size and even gives you a guide to determine the appropriate serving size for your specific product. **Then, we've taken it a step further and have implemented a CFR tool on the serving size step to help you determine your individual serving size based on those same FDA-recommendations.**

In the serving size step, you are simply identifying the single serving size of your product and how many single servings fit into the the container that you are selling to the public. Making these distinctions allows LabelCalc to calculate your recipe to represent the values needed for your product label.

ALLERGENS

Once you've made it to allergens, it's pretty smooth sailing from here — as long as you let the LabelCalc platform do it's job! In this particular step, the platform will list each individual ingredient in your product recipe and notify you of the presence of allergens in each ingredient. These allergens are then compiled into an allergen statement.

Allergen Statement- a list of the top 8 allergens **(Wheat, Milk, Egg, Soy, Tree Nuts, Peanuts, Fish, Shellfish)** whose presence has been identified within your product recipe.

These allergens will first show in a box with the word “contains” next to the list of the present allergens within the product.

Once the presence of these allergens have been confirmed through the platform and by you as the manufacturer, they will then be ported into the final nutrition facts panel below the ingredient statement. Which brings up our next point...

INGREDIENT STATEMENT

Once you’ve made it to allergens, it’s pretty smooth sailing from here — as long as you let the LabelCalc platform do its job! In this particular step, the platform will list each individual ingredient in your product recipe and notify you of the presence of allergens in each ingredient. These allergens are then compiled into an allergen statement.

Allergen Statement- a list of the top 8 allergens whose presence has been identified within your product recipe.

LABEL FORMATS

Last but certainly not least, to create a nutrition label that is FDA-compliant, you must choose the correct label format based on your product package size. Within the LabelCalc platform, you can select as many formats as you wish based on your package size, and available surface space.

Read on to know which one is right for your container.....

Standard Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Vertical, standard label that is typically seen on food products throughout grocery retail. The label shown above is the latest format and represents all of the updates for 2020 and beyond, required by the FDA.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
servings per container	Total Fat 5g	6%	Total Carb. 0g	0%
	Sat. Fat 1.5g	8%	Dietary Fiber 0g	0%
	Trans Fat 0g		Total Sugars 0g	
Serving size (22g)	Cholesterol 25mg	8%	Incl.0g Added Sugars	0%
Calories per serving 60	Sodium 15mg	1%	Protein 3g	
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%				

INGREDIENTS:

Chicken legs (CHICKEN LEG QUARTERS)

Tabular label for regular-sized packaging. DV footnotes included on tabular for larger packaging.

CHAPTER 2

SERVING SIZE FOR FOOD PRODUCTS

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SERVING SIZE FOR FOOD PRODUCTS

How do I determine my product's serving size?

If you have found yourself wondering this aloud to yourself, you are in good company. This is one of the most commonly asked questions that we receive from our food manufacturing clients, and for good reason. Determining product serving size isn't a feat to be approached flippantly, there are rules and guidelines set forth by the FDA that must be adhered to for this very crucial part of your nutrition label creation process. For this reason, we built tools to determine the correct serving size for your food products within LabelCalc.

What is a Serving Size?

Simply put, a serving size is a single-portion serving of your product recipe. The serving size of your product must be reflected on your **nutrition label** along with the appropriate unit of measure, nutrition information for a single serving size and servings per container.

How to Determine Serving Size:

Determining a serving size is as simple as understanding the FDA guidelines around appropriate portion sizes for food products. Individual serving sizes can be found on the FDA RACC Table (**built into LabelCalc**). RACC stands for Recommended Amounts Customarily Consumed, which means "how much an individual should be consuming of that particular product in a single sitting".

If you refer to the serving size guide we've provided, you will find a list of items listed with measurements (in grams) of what the FDA has deemed appropriate for a serving size.

For example, if you were manufacturer of snacks, the appropriate size is approximately 30g. This is the product weight that is recommended by the FDA according to the RACC chart.

Product category	Reference amount	Label statement ⁴
Snacks:		
All varieties, chips, pretzels, popcorn, extruded snacks, fruit and vegetable-based snacks (e.g., fruit chips), grain-based snack mixes	30 g	_ cup (_ g) for small pieces (e.g., popcorn); _ piece(s) (_ g) for large pieces (e.g., large pretzels; pressed dried fruit sheet); 1 oz (28g/visual unit of measure) for bulk products (e.g., potato chips)

LABEL STATEMENT VS. REFERENCE AMOUNT

In the above photo, you can see that there are 2 descriptions for each product category: "Reference amount" and "Label Statement".

1. The reference amount refers to the weight of your single serving size.
2. The label statement refers to what needs to be stated on the nutrition label.

In the case of a snack, a single serving should weigh approximately 30g, however, on the nutrition label itself you may also refer to the single serving as "piece" or even "popcorn".

STILL
NEED HELP
WITH
SERVING
SIZE?

TRY OUR
NEW..

CFR TOOL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Enter product type

Enter product category

Discover your serving size!

It's that simple!

CFR Guide Tool

Use this assistance tool to determine what to place in your descriptive servi

Step 1: CFR Product

Bakery Products (breads, crackers, cakes, cookies and crusts)

Step 2: Category

Biscuits, Croissants, Bagels, Tortillas, Soft Bread Sticks, Soft Pretzels, Corn Bread, Hush Puppies.


Category Description (if applicable)

Reference Amount

55 g

Label Statement

___ piece(s) (___ g)



Try it today!

If you still have any confusion around appropriate serving size for your food product, be sure to utilize our free CFR (Code of Federal Regulations) Tool found right in our app!

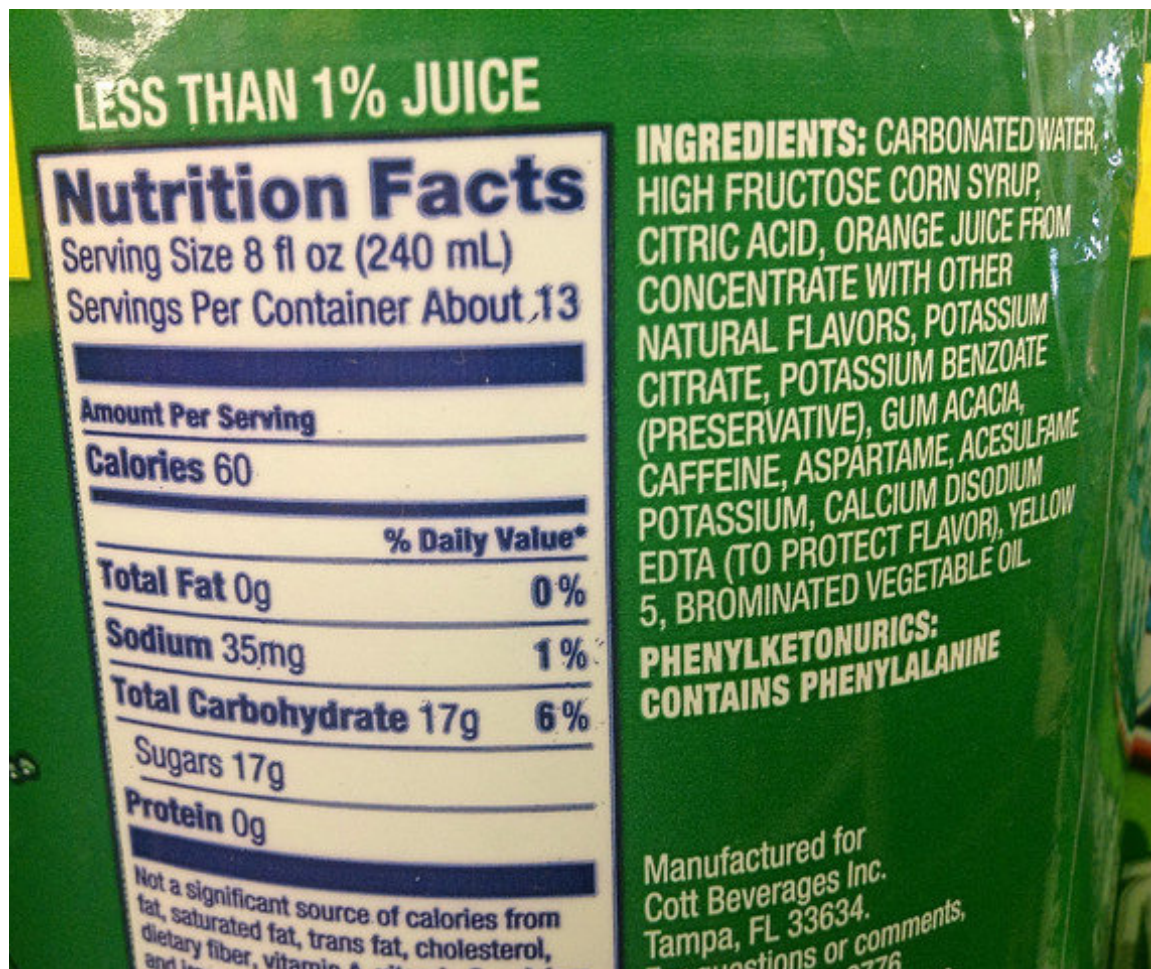
SERVINGS PER CONTAINER

Servings per container refers to the amount of individual servings contained within your chosen food product package. For example, if your product package contained 5 biscuits weighing 55g each, then your servings per container would be 5. (If you refer to our “oversized biscuit example”, if your product package contained 5 biscuits weighing 110g each, then your servings per container would double to 10.) The amount of serving per container will also be reflected on your product’s nutrition label next to the serving size and appropriate measurement of an individual serving

3 CHAPTER

HOW TO DETERMINE SERVING SIZE: A STEP-BY-STEP GUIDE

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Finding the serving size of your food product is necessary for creating your nutrition facts panel. Image credit: Flickr user Mike Mozart.

Creating a delicious product is no easy feat, but more often than not, the process is infused with creativity, excitement, and of course, lots of tasting. Determining the serving size of a food product, on the other hand, is a lot less fun for food manufacturers. The measuring, the math, and the many FDA guidelines with respect to serving sizes can all be a little overwhelming.

By definition, serving size is the quantity of a particular product that is meant to be consumed in one sitting based on an average 2,000 calorie per day diet. This quantity helps consumers visualize or measure the amount they should eat at once.

DETERMINING YOUR SERVING SIZE IN 3 STEPS

Depending on your particular food product, finding the serving size can be super simple or a little more complex. In the directions below, I've given examples and resources to clarify any gray areas when it comes to finding your serving size. As you make your way through each step, remember not to overthink it too much! The process isn't difficult to figure out once you understand what the FDA requires for your particular product.

1. **Determine the Recommended Amount Customarily Consumed (RACC) for your particular food product:** If your food product is in ready to eat form, you can find FDA guidance for RACCs [in this table document](#). Simply locate your type of food item and use what the FDA recommends as an RACC (these units will be in grams). For example, a search for cereal on this table shows that the RACC is 115 grams.

If your food product requires further preparation (i.e. a powdered pudding product), is aerated (i.e. ice cream), contains two or more products meant to be consumed together (i.e. a cheese and deli meat snack), or is an imitation product (i.e. imitation crab), you must come up with your own reasonable RACC using the notes in the [General Provisions of Food Labeling](#) document. Another option would be to use the serving size of a similar product already on the market to help determine yours.

2. Use your RACC to determine serving size: Portion out your product according to the RACC (i.e. weigh out 115 grams of your cereal). Then, measure it in cups, pieces, or as a fraction of the package in order to find the serving size in familiar units.

- **Cups:** Take the 115 grams of cereal and measure it in a measuring cup. This value will appear on your package next to the amount in grams.
- **Pieces:** If pieces are a more appropriate measurement, as they would be for cookies, determine how many pieces are required to meet the RACC (i.e. 2 cookies). This amount will appear on your package next to the amount in grams.
- **A fraction of the package:** You can also express the serving size as a fraction of the package if it seems more suitable for your product. For example, the serving size for a whole pie could be expressed as $\frac{1}{8}$ of the pie. Note that you must weigh the piece in order to ensure it complies with the RACC.

3. Determine servings per container: With your serving size in mind, figure out how many servings are in your package. This value will appear under the serving size information at the top of your nutrition facts panel. To find this value, simply weigh the contents of your package (or count them, if in pieces) and divide by your RACC or serving size. If there are 980 grams of cereal in your package, for example, there are approximately 8.5 servings per container.

The FDA also provides the following guidelines for rounding servings per container:

- Between 2 and 5: Round to the nearest half serving (i.e. 2.35 servings becomes 2.5)
- 5 and over: Round to the nearest serving (i.e. 6.5 servings becomes 7)

It is important to stress that RACCs are merely guidelines; the amounts are not set in stone. If the serving size for your particular product is a little more or less, you won't be penalized. Imagine your product is chocolate chip cookies. The RACC for cookies is 30 grams, but each cookie may weigh 40 grams. In this case, one cookie would still be considered one serving, but if your cookie was 60 grams, you would need to declare that one cookie equaled two servings. Of course, this would impact the calories and nutrient information on the package.

USING SERVING SIZE TO CREATE YOUR NUTRITION FACTS PANEL

Once you've determined your serving size (in both weight and familiar units) and your servings per container, you are ready to use these units to help create your nutrition facts panel. And with an online, FDA-compliant nutrition analysis software such as LabelCalc, the label creation process **will be a breeze** - especially compared to determining your serving size!

Simply input your recipe using the ingredient database, enter your serving size and servings per container, and your nutrition facts panel will be generated. You can tweak allergen statements, add Nutrient Content Claims you qualify for (like **low fat** or high fiber), and choose your label format. All that's left to do is download and print and your **product is ready for retail shelves**.

While determining your product's serving size can seem like a lot of work, breaking the task down into simple, actionable steps makes the process more manageable. If it is still confusing, however, it is a good idea to **consult with a nutrition label expert** who is well-versed in the FDA guidelines. Once you have determined your serving size, making your nutrition facts panel is easy—especially if you use a web-based nutritional analysis and label making software. And when that is done, you can move on to selling your product and starting to drive a profit.

LabelCalc offers affordable, user-friendly web-based nutritional analysis and FDA-approved label-making. For label-related questions or to setup your account, contact us today.

DETERMINE THE RECOMMENDED AMOUNT CUSTOMARILY CONSUMED (RACC) FOR YOUR PARTICULAR FOOD PRODUCT:

If your food product is in ready to eat form, you can find FDA guidance for RACCs.



USE YOUR RACC TO DETERMINE SERVING SIZE

Portion out your product according to the RACC (i.e. weigh out 115 grams of your cereal). Then, measure it in cups, pieces, or as a fraction of the package in order to find the serving size in familiar units.

DETERMINE SERVINGS PER CONTAINER

To find this value, simply weigh the contents of your package (or count them, if in pieces) and divide by your RACC or serving size.



CHAPTER 4

IS YOUR NUTRITION
LABEL IN AN FDA-
APPROVED FORMAT?

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HOW DO I KNOW IF I HAVE AN FDA-APPROVED NUTRITION LABEL?

You did it! You are finally going to bring your famous barbecue sauce recipe to retail stores everywhere, and by using LabelCalc you did it correctly! Let us be the first to say: congratulations! And welcome to the food industry – you are officially a budding food manufacturer. If you've reached this point of the journey to retail, chances are you know that you need a nutrition label to go on your product packaging.

We work with manufacturers from all walks of their CPG journey, both new and established, and we're know how overwhelming it can be. But it doesn't have to be. In this e-book we'll cover how to determine the right label for your product packaging but first, let's cover a few basics.

WHY DO I NEED A NUTRITION LABEL?

To be short and sweet, the FDA requires nutrition facts panels for food products so that the consumer purchasing the product can be aware of what they're consuming. Not everyone has the ability to eat whatever they'd like, in fact, a significant amount of people have what's called "dietary restrictions".

Dietary restrictions refer to things that a person can not eat due to their personal needs. These dietary restrictions could be due to religious or cultural reasons, or even food allergies. *(Did you know that 32 million Americans have food allergies??)* The nutrition label is the FDA-regulated way of giving the consumer the information they need to make a healthy decision regarding their food intake.

WHAT NUTRITION INFORMATION IS ON A NUTRITION LABEL?

The first part of confirming if you have an FDA-Approved nutrition label format is knowing what an FDA-approved nutrition label looks like!

An FDA-compliant nutrition label contains 3 parts:

1. A nutrition panel
2. An ingredient statement
3. An allergen statement



To start: The nutrition panel is the rectangular box that contains the nutrition report for the food product. It has all the information the FDA requires such as:

Nutrition Facts	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

- Calories
- Total fat
- Calories from fat
- Saturated fat
- Trans fat
- Carbohydrates
- Fiber
- Sugar
- Added sugars
- Protein
- Calcium
- Vitamin D
- Iron
- Potassium

Pictured above, you can see the standard layout of the 2021 panel. This panel must be accompanied by and ingredient statement and an allergen statement for your product to be retail-ready.

WHAT IS AN INGREDIENT STATEMENT?

An **ingredient statement** lists all of the ingredients in your food product. The FDA requires the ingredient statement to accompany your nutrition label and it has to meet regulation standards in order to be ready for retail sale. This means that the ingredients listed in your product's ingredient statement must appear in descending order by weight (highest volume to lowest volume).

INGREDIENTS: PEANUTS (PEANUTS, PEANUT AND/OR SUNFLOWER OIL). RAISINS. GREEK YOGURT FLAVORED DROPS (SUGAR, PALM KERNEL AND PALM OILS, LACTOSE {MILK}, NONFAT DRY MILK, NONFAT DRY YOGURT [NONFAT DRY MILK, CULTURED WHEY AND YOGURT CULTURES], LACTIC ACID, SOY LECITHIN, AND VANILLA). SUNFLOWER KERNELS (SUNFLOWER KERNELS, PEANUT AND/OR SUNFLOWER OIL). ALMONDS.
**CONTAINS ALMONDS, MILK, PEANUTS, AND SOY.
MAY CONTAIN OTHER TREE NUTS.
PARTIALLY PRODUCED WITH GENETIC ENGINEERING.**

As you can see, this ingredient statement contains all of the ingredients contained within a food product recipe.

WHY DO I NEED AN ALLERGEN STATEMENT?

Remember those 32 million Americans we mentioned earlier? When reading through ingredient statements, it's easy to miss the listing of a common food allergen. And not only that, some ingredients contain food allergens and you would never suspect it! For this reason, the FDA has added the [allergen or "contains" statement](#) to the list of requirements for FDA-approved nutrition labeling. Sometimes it's difficult to determine where an allergen is coming from if you are unfamiliar, so it's important to use a platform (like LabelCalc) that includes allergen-flagging to cite the allergens within your product.

Once you understand the basics of what's needed for your nutrition label, it makes the whole process a lot more simple. [Check out our beginner's guide on how to create nutrition panels](#) to get you one step closer to retail! And if you have any questions on how to get started or anything in between, contact us! We're here to help!



5

CHAPTER

SAMPLE NUTRITION FACTS PANELS FROM LABEL CALC

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SAMPLE NUTRITION FACTS PANELS

Below you can see the various FDA-approved formats offered by LabelCalc, that you can pick for your final product label—each of which is fully compliant, yet customizable to fit your specific packaging needs. As a LabelCalc customer, you can download your Nutrition Facts Label as many times as you wish and in any of the following layouts.

LabelCalc has all of the various Nutrition Facts Label templates built right into the software. Here, we show both the current label formats and nutrient calculations, alongside the new label formats and revised nutrient listing required:

Old Standard Format:

Nutrition Facts
 Serving Size 1 Piece (35g)
 Servings Per Container 12

Amount Per Serving

Calories 570 **Calories from Fat** 560

% Daily Value*

Total Fat 63g **97%**
 Saturated Fat 7g **35%**
 Trans Fat 0g

Cholesterol 10mg **3%**
Sodium 140mg **6%**
Total Carbohydrates 3g **1%**
 Dietary Fiber less than 1g **3%**
 Sugars 0g

Protein 1g

Vitamin A 4% • Vitamin C 20%
 Calcium 2% • Iron 4%
 Vitamin D 2%

* 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 • Carbohydrates 4 • Protein 4

New Standard (the required 2022 format):

Nutrition Facts
 7 servings per container
Serving Size 2 (100g)

Amount per serving

Calories **100**

% Daily Value*

Total Fat 1.5g **2%**
 Saturated Fat 0.5g **2%**
 Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 25mg **1%**
Total Carbohydrate 24g **9%**
 Dietary Fiber 6g **21%**
 Total Sugars 4g
 Includes 4g Added Sugars **8%**

Protein 3g

Vitamin D 0mcg **0%**
 Calcium 192mg **19%**
 Iron 10mg **56%**
 Potassium 443mg **13%**
 Niacin -1mg **6%**
 Vitamin B-6 -1mg **8%**
 Folate -1mcg **35%**
 Vitamin B-12 -1mcg **0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Horizontal (Current Format):

Nutrition Facts Serving Size 1 Piece (35g) Servings Per Container 12 Calories 570 Calories from Fat 560	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. <table border="1"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Potassium</td> <td></td> <td>3,500mg</td> <td>3,500mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table> Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4		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	Potassium		3,500mg	3,500mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
		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																																	
	Potassium		3,500mg	3,500mg																																	
	Total Carbohydrate		300g	375g																																	
	Dietary Fiber		25g	30g																																	
	Total Fat 63g	97%	Total Carbohydrates 3g	1%																																	
Saturated Fat 7g	35%	Dietary Fiber less than 1g	3%																																		
Trans Fat 0g		Sugars 0g																																			
Cholesterol 10mg	3%	Protein 1g																																			
Sodium 140mg	6%																																				
Vitamin A 4%	Vitamin C 20%	Calcium 2%	Iron 4%																																		
Vitamin D 2%																																					

Linear (Current Format):

Nutrition Facts Serv. Size: 1 Piece (35g), Servings 12, Amount Per Serving: **Calories** 570, **Calories from Fat** 560, **Total Fat** 63g (97% DV), **Saturated Fat** 7g (35% DV), **Trans Fat** 0g, **Cholesterol** 10mg (3% DV), **Sodium** 140mg (6% DV), **Total Carbohydrates** 3g (1% DV), **Dietary Fiber** less than 1g (3% DV), **Sugars** 0g, **Protein** 1g, **Vitamin A** (4% DV), **Vitamin C** (20% DV), **Calcium** (2% DV), **Iron** (4% DV), **Vitamin D** (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Linear (The 2020 Required Format):

Nutrition Facts Servings: 7, **Serv. size: 2 (100g)**,
 Amount Per Serving: **Calories 100**, **Total Fat** 1.5g (2% DV), **Sat. Fat** 0.5g (2% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 25mg (1% DV), **Total Carb.** 24g (9% DV), **Fiber** 6g (21% DV), **Total Sugars** 4g (Incl. 4g Added Sugars, 8% DV), **Protein** 3g (6% DV), **Vit. D** (0% DV), **Calcium** (19% DV), **Iron** (56% DV), **Potas.** (13% DV).

Side By Side (Current Format):

Nutrition Facts

Serving Size 1 Piece (35g)
Servings Per Container 12

Amount Per Serving

Calories 570 **Calories from Fat 560**

% Daily Value*

Total Fat 63g **97%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 140mg **6%**

Total Carbohydrates 3g **1%**

Dietary Fiber less than 1g **3%**

Sugars 0g

Protein 1g

Vitamin A 4% • Vitamin C 20%

Calcium 2% • Iron 4%

Vitamin D 2%

* 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 • Carbohydrates 4 • Protein 4

Side By Side (The 2020 Current Format):

Nutrition Facts

7 servings per container

Serving Size 2 (100g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 24g **9%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 3g

Vit. D 0mcg 0% • Calcium 192mg 19%

Iron 10mg 56% • Potas. 443mg 13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tabular (Current Format):

Nutrition Facts

Serving Size 1 Piece (35g)
Servings Per Container 12

Calories 570
Calories from Fat 560

* Percent Daily Values (DV) are based on a 2,000 calorie diet

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 63g	97%	Total Carbohydrates 3g	1%
Saturated Fat 7g	35%	Dietary Fiber less than 1g	3%
Trans Fat 0g		Sugars 0g	
Cholesterol 10mg	3%	Protein 1g	
Sodium 140mg	6%		
Vitamin A 4%	• Vitamin C 20%	• Calcium 2%	• Iron 4%
Vitamin D 2%			

Tabular (The 2020 Required Format):

Nutrition Facts

7 servings per container
Serving size 2 (100g)

Calories per serving 100

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 24g	9%
Saturated Fat 0.5g	2%	Dietary Fiber 6g	21%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 4g of Added Sugars	8%
Sodium 25mg	1%	Protein 3g	
Vitamin D 0mcg 0%	• Calcium 192mg 19%	• Iron 10mg 56%	• Potassium 443mg 13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6 CHAPTER

CREATING AN FDA- COMPLIANT INGREDIENT STATEMENT

LABELCALC.COM

When you are creating your Nutrition Panel in the LabelCalc platform, your ingredient statement is automatically compiled based on the measurements of the ingredients within your recipe..

Step 1: List Primary Ingredients

Confirm that all recipe ingredients have been included in your ingredient statement.

Step 2: Confirm Descending Order

Confirm that all ingredients listed are in order of predominance. This means the ingredient with the largest measurement should be listed first, and the subsequent ingredients follow.

Step 3: Remove Secondary Ingredients

A secondary ingredient is an ingredient within a primary ingredient. For example: garlic salt (granulated garlic, salt)

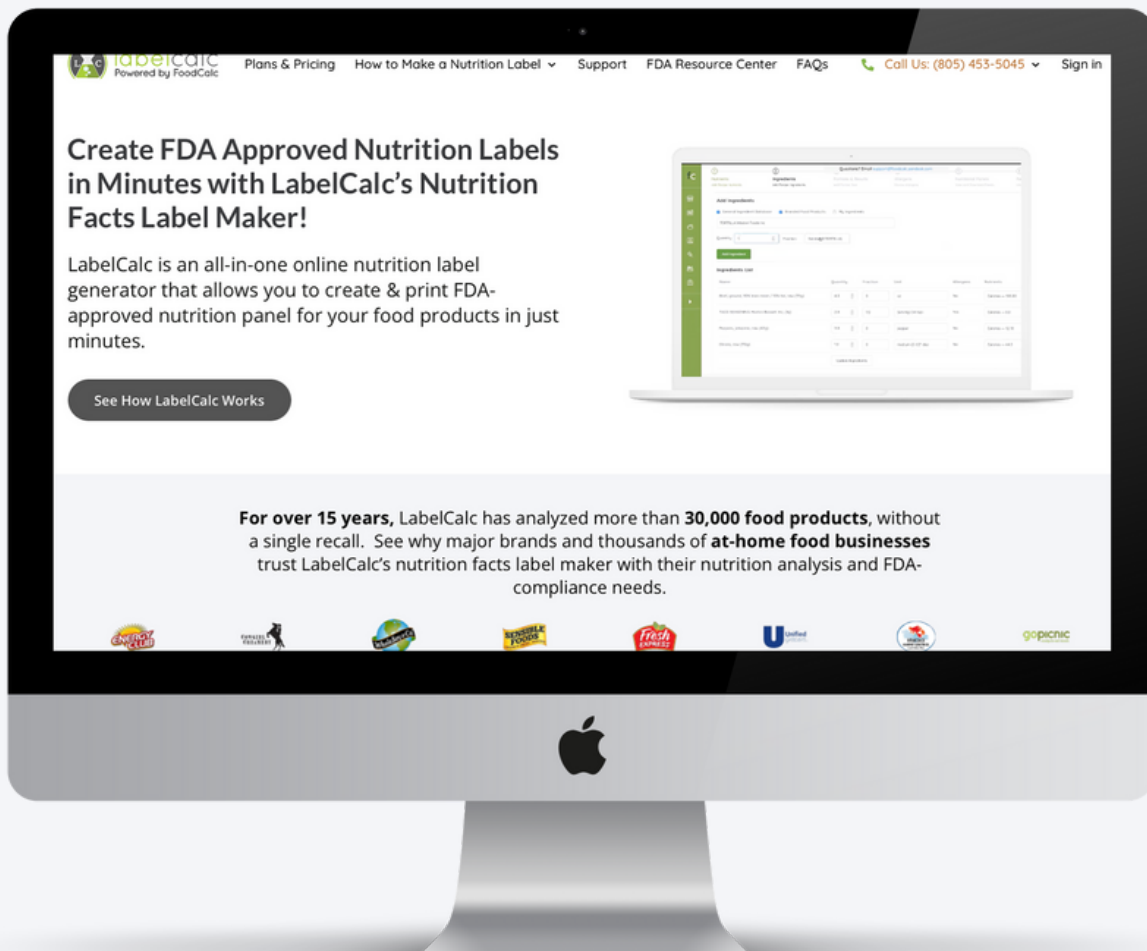
The ingredients in parentheses are secondary and are unnecessary for your product label. Remove these ingredients before downloading final label.

Did You Know?

Once primary ingredients have been entered and measurements identified, then your recipe ingredients are listed in descending order per FDA regulations, making it accurate and compliant

Pro Tip

Proprietary information for seasonings and other parts of your recipe may be masked underneath general terminology such as “other ingredients” or “seasoning blend”



LABELCALC IS FOR

Anyone who wants to sell their food product in retail. With 15+ years of experience generating over 30,000 nutrition labels, companies of all sizes rely on LabelCalc as their go-to nutrition label calculator and online nutrition label generator!

See why companies such as Panda Express, Starbucks, and Buffalo Wild Wings choose LabelCalc. Get started with yours today!

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