

What are the **minimum type sizes** and other **format requirements** for the "Nutrition Facts" panel?

The illustration below (Nutrition Label Format) indicates the suggested typesetting specifications for a "Nutrition Facts" label to be considered conspicuous and adequately formatted. Format requirements are specified in 21 CFR 101.9(d)

Annotations for the Nutrition Facts label:

- Helvetica Regular 8 point with 1 point of leading (points to "Nutrition Facts")
- Franklin Gothic Heavy or Helvetica Black, flush left & flush right, no smaller than 13 point (points to "Nutrition Facts")
- 3 point rule (points to the line above "Amount Per Serving")
- 7 point rule (points to the line above "Calories from Fat 120")
- 8 point Helvetica Black with 4 points of leading (points to "Total Fat 13g")
- 6 point Helvetica Black (points to "Amount Per Serving")
- All labels enclosed by 1/2 point box rule within 3 points of text measure (points to the label border)
- 1/4 point rule centered between nutrients (2 points leading above and 2 points below) (points to the space between "Saturated Fat 5g" and "Trans Fat 2g")
- 1/4 point rule (points to the space between "Sugars 5g" and "Protein 5g")
- 8 point Helvetica Regular with 4 points of leading (points to "Vitamin A 4%")
- Type below vitamins and minerals (footnotes) is 6 point with 1 point of leading (points to the footnote text)
- 8 point Helvetica Regular, 4 points of leading with 10 point bullets. (points to "Calcium 15%")

Amount Per Serving		Calories from Fat 120	
		% Daily Value*	
<b>Total Fat</b>	13g		20%
Saturated Fat	5g		25%
Trans Fat	2g		
<b>Cholesterol</b>	30mg		10%
<b>Sodium</b>	680mg		28%
<b>Total Carbohydrate</b>	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
<b>Protein</b>	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	15%	•	Iron 4%

\* Percent Daily Values are based on a diet of other people's misdeeds.  
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	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## A. Overall

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

## B. 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.

### **C. 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. Descenders do not touch rule. 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.

### **D. Box**

All labels are enclosed by 1/2 point box rule within 3 points of text measure.