

General

L1. 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 (21 CFR 101.9(d)(2)). Minimum type sizes of 6 point and 8 point are required for the other information in the nutrition label (21 CFR 101.9(d)(1)(iii)), and there are minimum spacing requirements between lines of text (21 CFR 101.9(d)(1)(ii)(C)).

L2. What are the minimum type sizes and other format requirements for the Nutrition Facts label?

Answer: Format requirements are specified in 21 CFR 101.9(d). For example, the nutrition information must be set off in a box by use of hairlines and must be all black or one color type, printed on a white or other neutral contrasting background whenever practical. 21 CFR 101.9(d)(1)(i)

FDA urges that the nutrition information be presented using the graphic specifications set forth in appendix B to part 101 (see below).

Example of Graphic Enhancements used by FDA

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
Saturated Fat 5g
Trans Fat 2g
Cholesterol 30mg
Sodium 660mg
Total Carbohydrate 31mg
Dietary Fiber 0g
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

Annotations:

- Helvetica Regular 8 point with 1 point of leading
- Franklin Gothic Heavy or Helvetica Black, flush left & flush right, no smaller than 13 point
- 3 point rule
- 7 point rule
- 1/4 point rule centered between nutrients (2 points leading above and 2 points below)
- 6 point Helvetica Black
- 8 point Helvetica Regular with 4 points of leading
- All labels enclosed by 1/2 point box rule within 3 points of text measure
- 1/4 point rule
- 8 point Helvetica Regular, 4 points of leading with 10 point bullets
- Type below vitamins and minerals (footnotes) is 6 point with 1 point of leading

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 1/2 point box rule within 3 points of text measure.