

## **Frequently Asked Questions for Industry on Nutrition Facts Labeling Requirements**

**The following is one of the FAQs for industry the U.S. Food and Drug Administration has provided related to recent changes to the Nutrition Facts label.**

**For more FAQs, visit [Industry FAQs on the Changes to the Nutrition Facts Label](#).**

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### **What are Daily Values and where can I find them?**

Daily Values are comprised of two sets of reference values for reporting nutrients in nutrition labels—the Daily Reference Values (DRVs) and the Reference Daily Intakes (RDIs). To limit consumer confusion, the single term “Daily Value” is used to designate both the DRVs and RDIs. The DVs are used to calculate the % Daily Values that consumers see on the Nutrition and Supplement Facts labels. The % Daily Value helps consumers understand how the amount of a nutrient that is present in a serving of a food fits into their total daily diet, and allows them to compare the nutritional value of food products.

<b>DRVs - Food Components</b>					
<b>Food Component</b>	<b>Unit of measure</b>	<b>Adults and Children ≥ 4 years</b>	<b>Infants through 12 months</b>	<b>Children 1 through 3 years</b>	<b>Pregnant women and lactating women</b>
Fat	Grams (g)	<sup>1</sup> 78	30	<sup>2</sup> 39	<sup>1</sup> 78
Saturated fat	Grams (g)	<sup>1</sup> 20	N/A	<sup>2</sup> 10	<sup>1</sup> 20
Cholesterol	Milligrams (mg)	300	N/A	300	300
Total carbohydrates	Grams (g)	<sup>1</sup> 275	95	<sup>2</sup> 150	<sup>1</sup> 275
Sodium	Milligrams (mg)	2,300	N/A	1,500	2,300
Dietary Fiber	Grams (g)	<sup>1</sup> 28	N/A	<sup>2</sup> 14	<sup>1</sup> 28
Protein	Grams (g)	<sup>1</sup> 50	N/A	<sup>2</sup> 13	N/A
Added sugars	Grams (g)	<sup>1</sup> 50	N/A	<sup>2</sup> 25	<sup>1</sup> 50

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<sup>1</sup> Based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older, and for pregnant women and lactating women.

<sup>2</sup> Based on the reference caloric intake of 1,000 calories for children 1 through 3 years of age.