

# Daily Value and Percent Daily Value: Changes on the New Nutrition and Supplement Facts Labels

The Nutrition and Supplement Facts labels on packaged foods and dietary supplements have been updated to make it easier for you to make informed choices. Read on to find out what's new with the Daily Value and % Daily Value. For a complete list of the Daily Values for all nutrients, check out the Reference Guide below.

## Daily Value vs. % Daily Value

First, let's look at how Daily Value (DV) and Percent Daily Value (%DV) work together. DVs are the recommended amounts of nutrients to consume or not to exceed each day. The %DV is how much a nutrient in a single serving of an individual packaged food or dietary supplement contributes to your daily diet. For example, if the DV for a certain nutrient is 300 micrograms (mcg) and a packaged food or supplement has 30mcg in one serving, the %DV for that nutrient in a serving of the product would be 10%. If you ate one serving of the product, you would have met 10% of your need for that nutrient in a day and could consume other foods or supplements to get the other 90%.

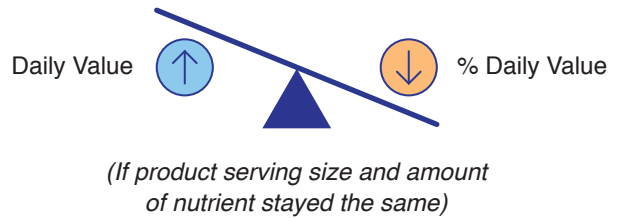
## Daily Value Updates May Affect % Daily Value

The DVs for many nutrients have been updated based on new nutrition research. So, the %DV may be different on some of your favorite products or supplements. As a result, you may need to consume more or less of a certain food, beverage or dietary supplement in order to meet the DVs or the recommended amounts.



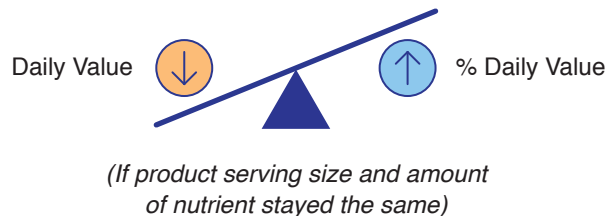
**For the nutrients with DVs that are going up, the %DV's may go down.**

For example, the DV for total fat has been updated from 65g to 78g. That means that a packaged food with 36g of total fat in one serving (previously 55% DV) now has 46% DV. See below for a side-by-side comparison of the information on the original and new Nutrition Facts labels.



**For the nutrients with DVs that are going down, the %DV's may go up.**

For example, the DV for sodium has been updated from 2,400mg to 2,300mg. That means that a packaged food with 1,060mg of sodium in one serving (previously 44% DV) now has 46% DV. See below for a side-by-side comparison of the information on the original and new Nutrition Facts labels.



### Chicken Pot Pie Frozen Dinner

#### Original Label

Nutrition Facts		
Serving Size 1 pie (283g)		
Servings Per Container 4		
Amount Per Serving		
Calories 630	Calories from Fat 320	
		% Daily Value*
<b>Total Fat</b> 36g		<b>55%</b>
Saturated Fat 14g		<b>70%</b>
Trans Fat 0g		
<b>Cholesterol</b> 25mg		<b>8%</b>
<b>Sodium</b> 1060mg		<b>44%</b>
<b>Total Carbohydrate</b> 59g		<b>20%</b>
Dietary Fiber 5g		<b>20%</b>
Sugars 6g		
<b>Protein</b> 17g		
Vitamin A		25%
Vitamin C		4%
Calcium		5%
Iron		6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

#### New Label

Nutrition Facts	
4 servings per container	
Serving size 1 pie (283g)	
Amount per serving	
Calories	630
% Daily Value*	
Total Fat 36g	46%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1060mg	46%
Total Carbohydrate 59g	21%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes <1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.1mg	6%
Potassium 210mg	4%
* 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.	

Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)

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## Which Nutrients Are Required to Be Listed on the Nutrition and Supplement Facts Labels?

The Nutrition Facts label must list total fat, saturated fat, *trans* fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, and certain vitamins and minerals. While the actual amount and %DV of vitamin D, calcium, iron, and potassium must be listed, other vitamins and minerals may be listed voluntarily by the manufacturer. However, they are required to list any vitamins and minerals that are added to the food or if a statement is made on the package labeling about their health effects or the amount contained in the food (for example, "high" or "low").

Similarly, the Supplement Facts label is required to list the same nutrients as the Nutrition Facts label when any of these nutrients are found in the supplement in an amount considered to be greater than zero. For more information see 21 CFR 101.9(c).



### TIP

Use %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

### More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

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Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)

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## Reference Guide: Daily Value Changes for Nutrients

Here is a handy reference guide for all the Daily Values that have been updated on the new Nutrition Facts and Supplement Facts labels. Continue reading to find out which Daily Values have increased, decreased, stayed the same, and are newly developed.

### Units of Measure Key

g = grams  
mg = milligrams  
mcg = micrograms  
mg NE = milligrams of niacin equivalents  
mcg DFE = micrograms of dietary folate equivalents  
mcg RAE = micrograms of retinol activity equivalents  
IU = international units

### Daily Value Increases

Nutrient	Original Daily Value	Updated Daily Value
Calcium	1000mg	1300mg
Dietary Fiber	25g	28g
Fat	65g	78g
Magnesium	400mg	420mg
Manganese	2mg	2.3mg
Phosphorus	1000mg	1250mg
Potassium	3500mg	4700mg
Vitamin C	60mg	90mg
Vitamin D	400 IU	20mcg <sup>(1)</sup>
Vitamin K	80mcg	120mcg

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## Reference Guide: Daily Value Changes for Nutrients (Continued)

### Daily Value Decreases

Nutrient	Original Daily Value	Updated Daily Value
Biotin	300mcg	30mcg
Chloride	3400mg	2300mg
Chromium	120mcg	35mcg
Copper	2mg	0.9mg
Folate/Folic Acid	400mcg	400mcg DFE <sup>(1)(2)</sup>
Molybdenum	75mcg	45mcg
Niacin	20mg	16mg NE <sup>(1)</sup>
Pantothenic Acid	10mg	5mg
Riboflavin	1.7mg	1.3mg
Selenium	70mcg	55mcg
Sodium	2400mg	2300mg
Thiamin	1.5mg	1.2mg
Total carbohydrate	300g	275g
Vitamin A	5000 IU	900mcg RAE <sup>(1)</sup>
Vitamin B6	2mg	1.7mg
Vitamin B12	6mcg	2.4mcg
Vitamin E	30 IU	15mg alpha-tocopherol <sup>(1)(3)</sup>
Zinc	15mg	11mg

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## Reference Guide: Daily Value Changes for Nutrients (Continued)

### Daily Values Not Changed

Nutrient	Original Daily Value	Updated Daily Value
Cholesterol	300mg	300mg
Iodine	150mcg	150mcg
Iron	18mg	18mg
Protein	50g	50g
Saturated fat	20g	20g

### New Daily Values

Nutrient	Original Daily Value	Updated Daily Value
Added sugars	--	50g
Choline	--	550mg

<sup>(1)</sup> Indicates a unit of measure change. The unit of measure is how a vitamin or mineral is measured, so the %DV may look different.

<sup>(2)</sup> The Daily Value decrease for folate/folic acid only applies to foods/supplements containing folic acid or a mixture of folic acid and naturally occurring folate. For foods/supplements containing only naturally occurring folate, the original and updated Daily Values are the same.

<sup>(3)</sup> The Daily Value decrease for vitamin E applies for foods/supplements containing the natural form of vitamin E, but not for the synthetic form. For foods/supplements containing *only* the synthetic form of vitamin E, the DV increased.

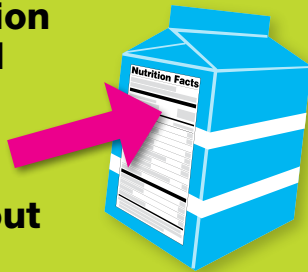
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# The Nutrition Facts Label

## Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



**Check the serving size and servings per container.** The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

**Packages can—and often do—contain more than one serving!** If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

**2SERVINGS=CALORIES&NUTRIENTSX2**

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).



**TIP: 100 calories** per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

**Size up Servings**

**Consider the Calories**

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

**Use %DV**

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

**TIP: 5% DV** or less per serving is **low** and **20% DV** or more per serving is **high**

**Choose Nutrients Wisely**

**Nutrients To Get More Of**

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

**Nutrients To Get Less Of**

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

**Eat a variety of foods to get the nutrients your body needs, including:**

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds



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[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

