

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](#).

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.

RDIs - Nutrients					
Nutrient	Unit of measure	Adults and Children ≥ 4 years	¹ Infants through 12 months	Children 1 through 3 years	Pregnant women and lactating women
Vitamin A	Micrograms RAE ² (mcg)	900	500	300	1,300
Vitamin C	Milligrams (mg)	90	50	15	120
Calcium	Milligrams (mg)	1,300	260	700	1,300
Iron	Milligrams (mg)	18	11	7	27
Vitamin D	Micrograms (mcg) ³	20	10	15	15
Vitamin E	Milligrams (mg) ⁴	15	5	6	19
Vitamin K	Micrograms (mcg)	120	2.5	30	90
Thiamin	Milligrams (mg)	1.2	0.3	0.5	1.4
Riboflavin	Milligrams (mg)	1.3	0.4	0.5	1.6
Niacin	Milligrams NE ⁵ (mg)	16	4	6	18
Vitamin B ₆	Milligrams (mg)	1.7	0.3	0.5	2
Folate ⁶	Micrograms DFE ⁷ (mcg)	400	80	150	600
Vitamin B ₁₂	Micrograms (mcg)	2.4	0.5	0.9	2.8
Biotin	Micrograms (mcg)	30	6	8	35
Pantothenic acid	Milligrams (mg)	5	1.8	2	7
Phosphorus	Milligrams (mg)	1,250	275	460	1,250
Iodine	Micrograms (mcg)	150	130	90	290
Magnesium	Milligrams (mg)	420	75	80	400
Zinc	Milligrams (mg)	11	3	3	13
Selenium	Micrograms (mcg)	55	20	20	70
Copper	Milligrams (mg)	0.9	0.2	0.3	1.3
Manganese	Milligrams (mg)	2.3	0.6	1.2	2.6
Chromium	Micrograms (mcg)	35	5.5	11	45
Molybdenum	Micrograms (mcg)	45	3	17	50
Chloride	Milligrams (mg)	2,300	570	1,500	2,300
Potassium	Milligrams (mg)	4,700	700	3,000	5,100
Choline	Milligrams (mg)	550	150	200	550

RDIs - Nutrients					
Nutrient	Unit of measure	Adults and Children ≥ 4 years	¹ Infants through 12 months	Children 1 through 3 years	Pregnant women and lactating women
Protein	Grams (g)	N/A	11	N/A	⁸ 71

¹ RDIs are based on dietary reference intake recommendations for infants through 12 months of age.

² RAE = Retinol Activity Equivalents; 1 microgram RAE=1 microgram retinol, 2 microgram supplemental β-carotene, 12 micrograms β-carotene, or 24 micrograms α-carotene, or 24 micrograms β-cryptoxanthin.

³ The amount of vitamin D may, but is not required to, be expressed in international units (IU), in addition to the mandatory declaration in mcg. Any declaration of the amount of vitamin D in IU must appear in parentheses after the declaration of the amount of vitamin D in mcg.

⁴ 1 mg α-tocopherol (label claim) = 1 mg α-tocopherol = 1 mg RRR-α-tocopherol = 2 mg all rac-α-tocopherol.

⁵ NE = Niacin equivalents, 1 mg NE = 1 mg niacin = 60 milligrams tryptophan.

⁶ "Folate" and "Folic Acid" must be used for purposes of declaration in the labeling of conventional foods and dietary supplements. The declaration for folate must be in mcg DFE (when expressed as a quantitative amount by weight in a conventional food or a dietary supplement), and percent DV based on folate in mcg DFE. Folate may be expressed as a percent DV in conventional foods. When folic acid is added or when a claim is made about the nutrient, folic acid must be declared in parentheses, as mcg of folic acid.

⁷ DFE = Dietary Folate Equivalents; 1 DFE = 1 mcg naturally-occurring folate = 0.6 mcg folic acid.

⁸ 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.