

Generating a Food Label

Nutritional information for a food product is gathered from a nutritional analysis or approximated from a nutritional database

1. In order to calculate %DV for your product, you MUST specify the servings per container and the serving size!

2. Calories are calculated based on the percentage of protein, fat, carbs and ethanol.

Serving Information

Nutrition Facts

12 servings per container
Serving size 8 oz (240ml)

Protein: 4 cal/g
Carbohydrates: 4 cal/g
Fat: 9 cal/g
Ethanol: 7 cal/g

Amount per serving
Calories 72

Calories

Nutrients

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 4g	22%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 46mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 145mg	3%

Percent Daily Value

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

3. Essential nutrients and their amount in a serving are listed here.

Saturated Fat, Sodium and Added Sugars should be taken in moderation.

4. Percentages are calculated based on a 2000 calorie diet.

5% DV per serving is considered low while 20% DV is considered high.