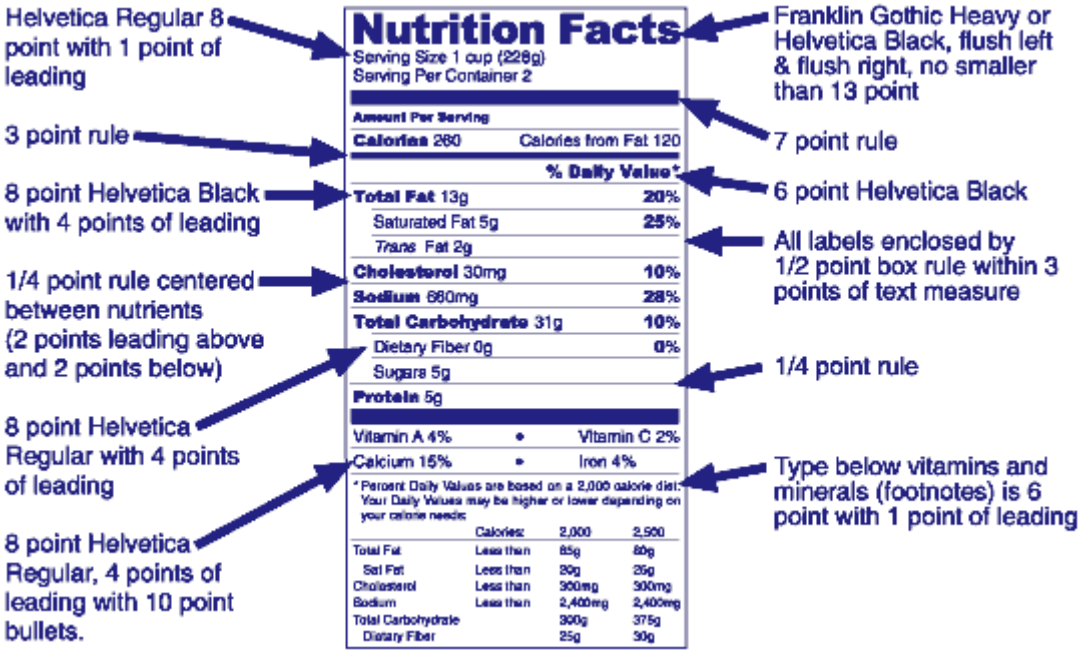
What are the **minimum type sizes** and other **format requirements** for the "Nutrition Facts" panel?

The illustration below (Nutrition Label Format) indicates the suggested typesetting specifications for a "Nutrition Facts" label to be considered conspicuous and adequately formatted. Format requirements are specified in 21 CFR 101.9(d)




## A. Overall

Nutrition Facts Label is boxed with all black or one color type printed on a white or neutral background.

## B. 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.

**C. 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. Descenders do not touch rule. 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.

**D. Box**

All labels are enclosed by 1/2 point box rule within 3 points of text measure.