

Nutrition Facts	
No smaller than 10 pt with 1 pt of leading	8 servings per container
Bold, no smaller than 10 pt ¹	Serving size 2/3 cup (55g)
	Amount per serving
Bold, no smaller than 6 pt	Calories
Bold, no smaller than 16 pt	230
3 pt rule	% Daily Value*
	Total Fat 8g 10%
No smaller than 8 pt with 4 pt of leading ²	Saturated Fat 1g 5%
	Trans Fat 0g
Bold, no smaller than 8 pt with 4 pt of leading ³	Cholesterol 0mg 0%
1/4 pt rule centered between nutrients (2 pt leading above and below)	Sodium 160mg 7%
	Total Carbohydrate 37g 13%
	Dietary Fiber 4g 14%
Shortened rule above	Total Sugars 12g
Added Sugars declaration	Includes 10g Added Sugars 20%
	Protein 3g
	Vit. D 2mcg 10% • Calcium 260mg 20%
	Iron 8mg 45% • Potas. 240mg 6%
No smaller than 6 pt with 1 pt of leading	* 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.

← Bold, no smaller than all other point sizes except numerical value for "Calories"

← 7 pt rule

← Bold, no smaller than 22 pt

← Bold, no smaller than 6 pt

← Bold, no smaller than 8 pt⁴

← All labels enclosed by 1/2 point box rule within 3 point of text measure

← 7 pt rule

← No smaller than 8 pt with 4 pt of leading and 8 pt bullets⁵

¹ Text in bold font is Helvetica Black; text not bolded is Helvetica Regular; leading may be "at least" the point size indicated in all instances

¹ "Serving size" declaration may be decreased to no smaller than 8 pt bold if additional space is needed for the declaration

² Saturated fat, *Trans* Fat, Dietary Fiber, Total Sugars, Added Sugars, voluntary nutrients (if listed) and their g/mg values: No smaller than 8 pt with 4 pt of leading

³ Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Protein: Bold, no smaller than 8 pt with 4 pt of leading

⁴ % Daily Values for nutrients that appear between 7 point rules: Bold, no smaller than 8 pt.

⁵ Vit. D, Calcium, Iron, Potas., voluntary nutrients (if listed) and their mg/mcg values and % Daily Values: No smaller than 8 pt and with 4 pt of leading