

cheat sheet

# NUTRIENT COMPARISONS

noun | nu·tri·ent com·par·i·sons | \ 'nū-trē-ənt kəm-'per-ə-sens\

1990 VS. 2016 DV NUMBERS AND LABEL INCLUSION REQUIREMENTS. (ADULTS AND CHILDREN > 4 YRS)

Label Nutrient	NEW REGS		PRE-EXISTING REGS	
	Mandatory/ Voluntary	Daily Value	Mandatory/ Voluntary	Daily Value
Calories	M	-	M	-
Calories from Fat	Not listed		M	-
Total Fat	M	78 g	M	65 g
Sodium	M	2300 mg	M	2400 mg
Fluoride	V	-	Not listed	
Total Carbohydrate	M	275 g	M	300 g
Dietary Fiber	M	28 g	M	25 g
Soluble Fiber	V	-	V	-
Insoluble Fiber	V	-	V	-
Added Sugars	M	50 g	Not listed	
Other Carbohydrate	Not listed		V	-
Vitamin D	M	20 mcg	V	400 IU
Calcium	M	1300 mg	M	1000 mg
Potassium	M	4700 mg	V	3500 mg
Vitamin A	V	900 mcg RAE	M	5000 IU
Vitamin C	V	90 mg	M	60 mg
Vitamin E	V	15 mg α-tocopherol	V	30 IU
Vitamin K	V	120 mcg	V	80 mcg
Thiamin	V	1.2 mg	V	1.5 mg
Riboflavin	V	1.3 mg	V	1.7 mg
Niacin	V	16 mg NE	V	20 mg
Vitamin B6	V	1.7 mg	V	2 mg
Folate/Folic Acid	V	400 mcg DFE	V	400 mcg
Vitamin B12	V	2.4 mcg	V	6 mcg
Biotin	V	30 mcg	V	300 mcg
Pantothenic Acid	V	5 mg	V	10 mg
Phosphorus	V	1250 mg	V	1000 mg
Magnesium	V	420 mg	V	400 mg
Zinc	V	11 mg	V	15 mg
Selenium	V	55 mcg	V	70 mcg
Copper	V	0.9 mg	V	2 mg
Manganese	V	2.3 mg	V	2 mg
Chromium	V	35 mcg	V	120 mcg
Molybdenum	V	45 mcg	V	75 mcg
Chloride	V	2300 mg	V	3400 mg
Choline	V	550 mg	Not listed	

This chart shows only the nutrients that changed from the 1990 to the 2016 regulations.

The table below shows those nutrients that didn't change.

Nutrient	REGS	
Calories from Saturated Fat	V	-
Saturated Fat	M	20 g
Trans Fat	M	-
Poly Fat	V	-
Mono Fat	V	-
Cholesterol	M	300 mg
Total Sugars	M	-
Sugar Alcohol	V	-
Protein	M	50 g
Iron	M	18 mg
Iodine	V	150 mcg



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