

CHEAT SHEET

NUTRIENT UNITS FOR INTERNATIONAL LABELING

Mandatory and voluntary nutrients and their required units of measure

Labeling regulations governing the display of nutrients and their units of measure vary by country. Knowing those differences is crucial for compliance. This chart lists all nutrients available for display on U.S., Canada, Mexico, and EU labels. The mandatory nutrients are shown in bold red and include the required units of measure for the label. Please note: The units of measure here may differ from those on your spec sheets, so make sure to pay attention when entering nutrient values in Genesis R&D.

BASIC COMPONENTS	US 2016	CANADA 2016	MEXICO 2020	EU
Calories	Calories (kcal)	Calories (kcal)	Calories (kcal)	Calories (kcal)
Kilojoules	Kilojoules (kJ)	Kilojoules (kJ)	Kilojoules (kJ)	Kilojoules (kJ)
Calories from Fat	Not Labeled	Not Labeled	Not Labeled	Not Labeled
Calories from Saturated Fat	Calories from Sat Fat (g) (Auto Calculated)	Not Labeled	Not Labeled	Not Labeled
Fat	Fat (g)	Fat (g)	Fat (g)	Fat (g)
Saturated Fat	Saturated Fat (g)	Saturated Fat (g)	Saturated Fat (g)	Saturated Fat (g)
Mono Fat	Mono Fat (g)	Mono Fat (g)	Mono Fat (g)	Mono Fat (g)
Poly Fat	Poly Fat (g)	Poly Fat (g)	Poly Fat (g)	Poly Fat (g)
Trans Fatty Acid	Trans Fatty Acid (g)	Trans Fatty Acid (g)	Trans Fatty Acid (mg)	Not Labeled
Cholesterol	Cholesterol (mg)	Cholesterol (mg)	Cholesterol (mg)	Not labeled
Carbohydrates	Carbohydrates (g)	Carbohydrates (g)	Carbohydrates Available (g)	Carbohydrates Available (g)
Dietary Fiber	Dietary Fiber (2016) (g)	Total Dietary Fiber (g)	Total Dietary Fiber (g)	Total Dietary Fiber (g)
Soluble Fiber	Soluble Fiber (2016) (g)	Total Soluble Fiber (g)	Not Labeled	Not Labeled
Insoluble Fiber	Insoluble Fiber (2016) (g)	Total Insoluble Fiber (g)	Not Labeled	Not Labeled
Total Sugar	Total Sugar (g)	Total Sugar (g)	Total Sugar (g)	Total Sugar (g)
Added Sugar	Added Sugar (g)	Not Labeled	Added Sugar (g)	Not Labeled
Polydextrose	Not Labeled	Not Labeled	Polydextrose (g)	Not Labeled
Other Carbs	Not Labeled	Not Labeled	Not Labeled	Not Labeled
Starch	Not Labeled	Starch (g)	Starch (g)	Starch (g)
Protein	Protein (g)	Protein (g)	Protein (g)	Protein (g)
Salatrim	Not Labeled	Not Labeled	Not Labeled	Not Labeled-used to calculate kJ and Calories
VITAMINS	US 2016	CANADA 2016	MEXICO 2020	EU
Vitamin A	Vitamin A – RAE (mcg)	Vitamin A – RAE (mcg)	Vitamin A – RE (mcg)	Vitamin A – RE (mcg)
Vitamin B1 (Thiamin)	Vitamin B1 – Thiamin (mg)	Vitamin B1 – Thiamin (mg)	Vitamin B1 – Thiamin (mcg)	Vitamin B1 – Thiamin (mg)
Vitamin B2 (Riboflavin)	Vitamin B2 – Riboflavin (mg)	Vitamin B2 – Riboflavin (mg)	Vitamin B2 – Riboflavin (mcg)	Vitamin B2 – Riboflavin (mg)
Vitamin B3 (Niacin)	Vitamin B3 – Niacin Equiv (mg)	Vitamin B3 – Niacin Equiv (mg)	Vitamin B3 – Niacin (mg)	Vitamin B3 – Niacin Equiv (mg)

INTERNATIONAL NUTRIENT UNITS, CONTINUED

VITAMINS (cont.)	US 2016	CANADA 2016	MEXICO 2020	EU
Vitamin B6	Vitamin B6 (mg)	Vitamin B6 (mg)	Vitamin B6 (mcg)	Vitamin B6 (mg)
Vitamin B12	Vitamin B12 (mcg)	Vitamin B12 (mcg)	Vitamin B12 (mcg)	Vitamin B12 (mcg)
Vitamin C	Vitamin C (mg)	Vitamin C (mg)	Vitamin C (mg)	Vitamin C (mg)
Vitamin D	Vitamin D – mcg (mcg)	Vitamin D – mcg (mcg)	Vitamin D – mcg (mcg)	Vitamin D – mcg (mcg)
Vitamin E	Vitamin E – Alpha-Toco (mg)	Vitamin E – mg (mg)	Vitamin E – Alpha Toco (mg)	Vitamin E – Alpha Toco (mg)
Vitamin K	Vitamin K (mcg)	Vitamin K (mcg)	Vitamin K – (mcg)	Vitamin K (mcg)
Biotin	Biotin (mcg)	Biotin (mcg)	Not Labeled	Biotin (mcg)
Folate	Folate, DFE (mcg DFE)	Folate, DFE (mcg DFE)	Not Labeled	Folate (mcg) – Labeled as Folate Food *
Folic Acid	Folic Acid (mcg)	Not Labeled	Folic Acid (mcg)	See Footnote*
Pantothenic Acid	Pantothenic Acid (mg)	Pantothenic Acid (mg)	Pantothenic Acid (mg)	Pantothenic Acid (mg)
MINERALS	US 2016	CANADA 2016	MEXICO 2020	EU
Calcium	Calcium (mg)	Calcium (mg)	Calcium (mg)	Calcium (mg)
Chloride	Chloride (mg)	Chloride (mg)	Not Labeled	Chloride (mg)
Chromium	Chromium (mcg)	Chromium (mcg)	Chromium (mcg)	Chromium (mcg)
Copper	Copper (mg)	Copper (mg)	Copper (mcg)	Copper (mg)
Fluoride	Fluoride (mg)	Not Labeled	Fluoride (mg)	Fluoride (mg)
Iodine	Iodine (mcg)	Iodine (mcg)	Iodine (mcg)	Iodine (mcg)
Iron	Iron (mg)	Iron (mg)	Iron (mg)	Iron (mg)
Magnesium	Magnesium (mg)	Magnesium (mg)	Magnesium (mg)	Magnesium (mg)
Manganese	Manganese (mg)	Manganese (mg)	Not Labeled	Manganese (mg)
Molybdenum	Molybdenum (mcg)	Molybdenum (mcg)	Not Labeled	Molybdenum (mcg)
Phosphorus	Phosphorus (mg)	Phosphorus (mg)	Phosphorus (mg)	Phosphorus (mg)
Potassium	Potassium (mg)	Potassium (mg)	Not Labeled	Potassium (mg)
Salt	Not Labeled	Not Labeled	Not Labeled	Salt (g)
Selenium	Selenium (mcg)	Selenium (mcg)	Selenium (mcg)	Selenium (mcg)
Sodium	Sodium (mg)	Sodium (mg)	Sodium (mg)	Not Labeled
Zinc	Zinc (mg)	Zinc (mg)	Zinc (mg)	Zinc (mg)
POLY FATS	US 2016	CANADA 2016	MEXICO	EU
Omega 6 Fatty Acid	Not Labeled	Omega 6 Fatty Acid (g)	Not Labeled	Not Labeled
Omega 3 Fatty Acid	Not Labeled	Omega 3 Fatty Acid (g)	Not Labeled	Not Labeled
OTHER NUTRIENTS	US 2016	CANADA 2016	MEXICO	EU
Alcohol	Not Labeled	Not Labeled	Not Labeled	Not Labeled-used to calculate kJ and Calories
Choline	Choline (mg)	Choline (mg)	Not Labeled	Not Labeled
Sugar Alcohol	Sugar Alcohol (g)	Sugar Alcohol (g)	Sugar Alcohol (g)	Sugar Alcohol (g)
Organic Acids	Not Labeled	Not Labeled	Not Labeled	Not Labeled-used to calculate kJ and Calories
Erythritol	Not Labeled**	Not Labeled**	Not Labeled	Not Labeled-used to calculate kJ and Calories

*Field to populate is Folate (mcg). Label displays as Folic Acid (Folacin)

**Can be labeled if it is the only sugar alcohol present in the food