

## CHEAT SHEET

# ROUNDING RULES FOR LABEL NUTRIENTS (U.S.)

: the FDA's recommendations for the declaration of quantitative amounts of vitamins and minerals using incremental rounding

Nutrient	Unit of Measure	RDI for Adults and Children ≥ 4 years	Recommended Increment
Vitamin A	Micrograms RAE (mcg)	900	Nearest 10 mcg
Vitamin C	Milligrams (mg)	90	Nearest mg
Calcium	Milligrams (mg)	1,300	Nearest 10 mg
Iron	Milligrams (mg)	18	Nearest .1 mg
Vitamin D	Micrograms (mcg)	20	Nearest .1 mcg
Vitamin E	Milligrams (mg)	15	Nearest .1 mg
Vitamin K	Micrograms (mcg)	120	Nearest mcg
Thiamin	Milligrams (mg)	1.2	Nearest .01 mg
Riboflavin	Milligrams (mg)	1.3	Nearest .01 mg
Niacin	Milligrams NE (mg)	16	Nearest .1 mg
Vitamin B6	Milligrams (mg)	1.7	Nearest .01 mg
Folate	Micrograms DFE (mcg)	400	Nearest 5 mcg
Vitamin B12	Micrograms (mcg)	2.4	Nearest .01 mcg
Biotin	Micrograms (mcg)	30	Nearest .1 mcg
Pantothenic Acid	Milligrams (mg)	5	Nearest .1 mg
Phosphorus	Milligrams (mg)	1250	Nearest 10 mg
Iodine	Micrograms (mcg)	150	Nearest mcg
Magnesium	Milligrams (mg)	420	Nearest 5 mg
Zinc	Milligrams (mg)	11	Nearest .1 mg
Selenium	Micrograms (mcg)	55	Nearest mcg
Copper	Milligrams (mg)	0.9	Nearest .01 mg
Manganese	Milligrams (mg)	2.3	Nearest .01 mg
Chromium	Micrograms (mcg)	35	Nearest .1 mcg
Molybdenum	Micrograms (mcg)	45	Nearest .1 mcg
Chloride	Milligrams (mg)	2300	Nearest 10 mg
Potassium	Milligrams (mg)	4700	Nearest 10 mg
Choline	Milligrams (mg)	550	Nearest 10 mg

Note : This chart shows only the RDIs that have been established for adults and children 4 years of age and older, The recommended increments, however, can be applied to RDIs for infants through 12 months, children 1 through 3 years, and pregnant and lactating women as well, which can be found in 21 CFR 101.9(c)(8)(iv).