

READ FIRST: This is an Illustrator editable file. You cannot edit it in your browser. Download (save) file and then open in Adobe Illustrator. Fonts are Helvetica Neue (because they look better) unless otherwise noted.

**This nutritional panel packs a lot of info in a small horizontal format.
This was used on WildBar (www.wildbar.info)**

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|--|--|----------------------------------|-----------------------------|
| Nutrition Facts Serv. Size 1 bar (45g) Calories 185 Calories from Fat 85 <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small> | Amount/Serving %DV* | Amount/Serving %DV* | Amount/Serving %DV* |
| | Total Fat 9.5mg 15% | Potassium 148mg 4% | Vitamin A 254 IU 22% |
| | Sat. Fat 2mg 9% | Total Carb. 19g 6% | Vitamin C 1mg 1.5% |
| | Trans Fat 0mg 0% | Sugars 5g | Calcium 30mg 3% |
| | Cholesterol 0mg 0% | Dietary Fiber 14g 55% | Iron 0.4mg 2% |
| | Sodium 72mg 3% | Protein 5.5g 11% | B12 3mcg 53% |
| | <small>Vitamin B5 9% • Vitamin D 3% • Vitamin E 8% • Magnesium 2.5% • Copper 26% Zinc 12% • Selenium 16% • Molybdenum 37% • Phosphorus 60%</small> | | |
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Abbreviated Version with Regular Helvetica

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|--|--|------------------------------|
| Nutrition Facts Serv. Size 1 bar (45g) Calories 185 Calories from Fat 85 <small>*Percent Daily Values (DV) are based on a 2,000 calorie diet</small> | Amount/Serving %DV* | Amount/Serving %DV* |
| | Total Fat 9.5mg 15% | Total Carb. 19g 6% |
| | Sat. Fat 2mg 9% | Sugars 5g |
| | Trans Fat 0mg 0% | Dietary Fiber 14g 55% |
| | Cholesterol 0mg 0% | Protein 5.5g 11% |
| | Sodium 72mg 3% | |
| | <small>Vitamin A 22% • Vitamin C 1.5% • Calcium 3% • Iron 2%</small> | |
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**The classic abbreviated vertical nutrition label.
This was used on Gourmet Mist (www.gourmemist.com)**

Regular Helvetica Version with Dropped Poly and Mono and added A, C, Iron, Calcium, Sugars and Fiber

French Canadian Version

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| Nutrition Facts | |
| Serving Size: 1 second spray (.5 ml) Serving Per Container: 354 | |
| Amount Per Serving | |
| Calories: 4 | Cal from Fat: 4 |
| | % Daily Value* |
| Total Fat Less than 1g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carb 0g | 0% |
| Protein 0g | 0% |
| Not a significant source of dietary fiber, sugar, vitamin A and C, calcium and iron. *Percent Daily Values are based on a 2000 calorie diet. | |

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| Nutrition Facts | |
| Serving Size: 1 sec spray (.5ml) Serving Per Container: 354 | |
| Amount Per Serving | |
| Calories: 4 | Cal from Fat: 4 |
| | % Daily Value* |
| Total Fat Less than 1g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carb 0g | 0% |
| Sugars 0g | |
| Dietary Fiber 0g | 0% |
| Protein 0g | |
| Vitamin A 4% | • Vitamin C 4% |
| Calcium 10% | • Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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| Nutrition Facts - Valeur Nutritive | |
| Serving Size: 1 second spray (.5 ml) Portion: 1 seconde de pulverization (.5ml) | |
| Serving Per Container: 354 Portions par Contenant: 354 | |
| Amount Per Serving / Teneur par Portion | |
| | % Daily Value* |
| | % Valeur Quotidienne* |
| Calories / Calories : 4 | |
| Fat / Lipids < 1g | 0% |
| Saturated / Satures 0g | 0% |
| Trans / Trans 0g | 0% |
| Cholesterol / Cholesterol 0mg | 0% |
| Sodium / Sodium 0mg | 0% |
| Carb/Gluddes 0g | 0% |
| Fiber / Fibres 0g | 0% |
| Sugars / Sucres 0g | 0% |
| Protein / Protelnes 0g | 0% |
| Vitamin A / Vitamine A | 0% |
| Vitamin C / Vitamine C | 0% |
| Calcium / Calcium | 0% |
| Iron/Fer | 0% |

**This one is good on little packages where a traditional panel won't fit.
This one was used on DoGoodie Brownies (www.greystonbakery.com)**

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| Nutritional Facts Serving Size 1.5oz (43g), Servings Per Package 2 Amount Per Serving: Calories 180, Fat Cal. 90, Total Fat 11g (17% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, Cholesterol 45mg (15% DV), Sodium 90mg (4% DV), Total Carb. 22g (7% DV), Fiber 0g, Sugar 18g, Protein 2g, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (6% DV). Percent Daily Values are based on a 2,000 calorie diet. |
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When your package is large, perhaps 6x8 inches or more, you may be required to include the full daily values chart and forgo abbreviations for saturated fats and carbohydrates. These layouts include that extra chart and full spelling for nutrients

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|--|--|--|---|
| Nutrition Facts Serving Size 3 oz (85g) Servings Per Bag About 5 Calories 25 Calories from Fat 0 | Amount/Serving % Daily Value* | Amount/Serving % Daily Value* | *Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less Than 65g 80g Sat Fat Less Than 20g 25g Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400mg 2,400mg Total Carb 300g 375g Dietary Fiber 25g 30g Calories Per Gram Fat 9 • Carbohydrate 4 • Protein 4 |
| | Total Fat 0g 0% | Total Carbohydrate 4g 1% | |
| | Saturated Fat 0g 0% | Sugars 1g | |
| | Trans Fat 0g | Dietary Fiber 3g 12% | |
| | Cholesterol 0mg 0% | Protein 2g | |
| | Sodium 20mg 1% | | |
| | <small>Vitamin A 4% • Vitamin C 50% • Calcium 2% • Iron 2%</small> | | |
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|---|------------------------|
| Nutrition Facts | |
| Serving Size: 1 sec spray (.5ml) Serving Per Container: 354 | |
| Amount Per Serving | |
| Calories: 4 | Cal from Fat: 4 |
| | % Daily Value* |
| Total Fat Less than 1g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 0g | 0% |
| Sugars 0g | |
| Dietary Fiber 0g | 0% |
| Protein 0g | |
| Vitamin A 4% | • Vitamin C 4% |
| Calcium 10% | • Iron 4% |
| *Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less Than 65g 80g Sat Fat Less Than 20g 25g Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400mg 2,400mg Total Carb 300g 375g Dietary Fiber 25g 30g Calories Per Gram Fat 9 • Carbohydrate 4 • Protein 4 | |