

**OAR 845-025-7030**

**Table 1**

**Nutrition Facts Panel Templates**

The following templates must be used to display the nutrition information, serving size, number of servings per container, list of ingredients, and allergen information. All cannabinoid edible and hemp edible labels must use one of the following templates to display this information.

On and after **January 1, 2026**, one of the nutrition templates starting on page 2 of this Table **must** be used (see OAR [845-025-7030](#)).

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving Size</b>	<b>1 cookie (10 g)</b>
Amount per serving	
<b>Calories</b>	<b>150</b>
<b>Total Fat</b>	10g
<b>Cholesterol</b>	8mg
<b>Sodium</b>	150mg
<b>Total Carb.</b>	25g
Total Sugars	19g
<b>Protein</b>	3g
<b>Ingredients:</b> Sugar, Whole Wheat Flour, Malted Barley Flour, Butter, Palm Oil, Rolled Oats, Egg, Coconut, Sugar, Baking Soda, Salt	
<b>Contains:</b> Wheat, Milk, Egg, Coconut	

**Vertical Display**

The vertical display should be used on most labels that do not qualify as a small or tiny container.

<b>Nutrition Facts</b> Servings: 5, <b>Serv. Size: 1 cookie (10g),</b> Amount per serving: <b>Calories 150, Total Fat 10g, Cholest. 8mg, Sodium 150mg, Total Carb. 25g, Total Sugars 19g, Protein 3g.</b> <b>Ingredients:</b> Sugar, Whole Wheat Flour, Malted Barley Flour, Butter, Palm Oil, Rolled Oats, Egg, Coconut, Sugar, Baking Soda, Salt <b>Contains:</b> Wheat, Milk, Egg, Coconut
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**Linear Display for Small Packages**

The linear display can be used on small containers that do not have enough space to fit a full label.

<b>Nutrition Facts</b>			
5 servings per container	<b>Total Fat</b>	10g	<b>Total Carb.</b> 25g
<b>Serv. Size: 1 cookie (10g)</b>	<b>Cholesterol</b>	8mg	Total Sugars 19g
<b>Calories , per serving</b> <b>150</b>	<b>Sodium</b>	150mg	<b>Protein</b> 3g
<b>Ingredients:</b> Sugar, Whole Wheat Flour, Malted Barley Flour, Butter, Palm Oil, Rolled Oats, Egg, Coconut, Sugar, Baking Soda, Salt			
<b>Contains:</b> Wheat, Milk, Egg, Coconut			

**Tabular Display for Small Packages**

The tabular display can be used on small containers that do not have enough space to fit a full label.

**NOTE:** the requirements listed above for what type of display should be used depending on the size of the container applies to the displays below.

## Standard Vertical

21 CFR 101.9(d)(12)

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* 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.</small>	

Vertical Display with Micronutrients Listed Side-by-Side  
 21 CFR 101.9(d)(12)

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vit. D 2mcg 10%   •  Calcium 260mg 20%	
Iron 8mg 45%     •  Potas. 240mg 6%	
* 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.	

Vertical Display Including Some Voluntary Nutrients  
 21 CFR 101.9(d)(12)

<b>Nutrition Facts</b>	
17 servings per container	
<b>Serving size</b>	<b>3/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Fluoride</b> 0mg	
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 2mcg (80 IU) 10%	
Calcium 130mg 10%	
Iron 4.5mg 25%	
Potassium 110mg 2%	
Vitamin A 90mcg 10%	
Vitamin C 9mg 10%	
Thiamin 0.3mg 25%	
Riboflavin 0.3mg 25%	
Niacin 4mg 25%	
Vitamin B <sub>6</sub> 0.4mg 25%	
Folate 200mcg DFE (120mcg folic acid) 50%	
Vitamin B <sub>12</sub> 0.6mcg 25%	
Phosphorus 100mg 8%	
Magnesium 25mg 6%	
Zinc 3mg 25%	
Choline 60mg 10%	
<small>* 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.</small>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tabular Format  
21 CFR 101.9(d)(11)(iii)

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	*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.
	<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 36g	<b>13%</b>	
	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 2g	<b>7%</b>	
	<i>Trans</i> Fat 0.5g		Total Sugars 1g		
10 servings per container	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1g Added Sugars	<b>2%</b>	
<b>Serving size</b> <b>2 slices (56g)</b>	<b>Sodium</b> 280mg	<b>12%</b>	<b>Protein</b> 4g		
<b>Calories</b> <b>per serving</b>	Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1mg 6% • Potassium 470mg 10%				
<b>170</b>	Thiamin 15% • Riboflavin 8% • Niacin 10%				

Aggregate Display  
21 CFR 101.9(d)(13)(ii)

<b>Nutrition Facts</b>	Wheat Squares Sweetened	Corn Flakes Not Sweetened	Mixed Grain Flakes Sweetened	
	(35g)	(19g)	(27g)	
1 serving per container <b>Serving size</b> <b>1 box</b>				
<b>Amount per serving</b> <b>Calories</b>	<b>130</b>	<b>70</b>	<b>100</b>	
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	
<b>Total Fat</b>	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	
Saturated Fat	0g <b>0%</b>	0g <b>0%</b>	0g <b>0%</b>	
<i>Trans</i> Fat	0g	0g	0g	
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>	0mg <b>0%</b>	
<b>Sodium</b>	0mg <b>0%</b>	200mg <b>9%</b>	120mg <b>5%</b>	
<b>Total Carbohydrate</b>	29g <b>11%</b>	17g <b>6%</b>	24g <b>9%</b>	
Dietary Fiber	3g <b>11%</b>	1g <b>4%</b>	1g <b>4%</b>	
Total Sugars	8g	6g	13g	
Includes Added Sugars	8g <b>16%</b>	5g <b>10%</b>	13g <b>26%</b>	
<b>Protein</b>	4g	1g	1g	
* 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.	Vitamin D	2mcg 10%	2mcg 10%	0mcg 0%
	Calcium	0mg 0%	0mg 0%	0mg 0%
	Iron	2mg 10%	1mg 6%	4mg 20%
	Potassium	120mg 2%	80mg 2%	30mg 0%
	Vitamin A	0%	10%	10%
	Vitamin C	0%	15%	90%
	Thiamin	35%	15%	25%
	Riboflavin	30%	10%	25%
	Niacin	30%	10%	20%
	Vitamin B <sub>6</sub>	30%	20%	20%

Dual Column Display, Per Serving and Per Container  
 21 CFR 101.9(e)(6)(i)

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>1 cup (255g)</b>	
<b>Calories</b>	Per serving		Per container
	<b>220</b>		<b>440</b>
	% DV*		% DV*
<b>Total Fat</b>	5g	<b>6%</b>	10g <b>13%</b>
Saturated Fat	2g	<b>10%</b>	4g <b>20%</b>
Trans Fat	0g		0g
<b>Cholesterol</b>	15mg	<b>5%</b>	30mg <b>10%</b>
<b>Sodium</b>	240mg	<b>10%</b>	480mg <b>21%</b>
<b>Total Carb.</b>	35g	<b>13%</b>	70g <b>25%</b>
Dietary Fiber	6g	<b>21%</b>	12g <b>43%</b>
Total Sugars	7g		14g
Incl. Added Sugars	4g	<b>8%</b>	8g <b>16%</b>
<b>Protein</b>	9g		18g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%

\* 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.

## Tabular Dual Column Display

21 CFR 101.9(e)(6)(ii)

<p><b>Nutrition Facts</b></p> <p>2 servings per container</p> <p><b>Serving size</b> 1 cup (255g)</p> <hr/> <p><b>Calories</b></p> <p><b>220</b>   <b>440</b></p> <p>per serving   per container</p>	Per serving % DV*		Per container % DV*		Per serving % DV*		Per container % DV*			
	<b>Total Fat</b>	5g	6%	10g	13%	<b>Total Carb.</b>	35g	13%	70g	25%
	Saturated Fat	2g	10%	4g	20%	Dietary Fiber	6g	21%	12g	43%
	<i>Trans Fat</i>	0g		0g		Total Sugars	7g		14g	
	<b>Cholesterol</b>	15mg	5%	30mg	10%	Incl. Added Sugars	4g	8%	8g	16%
	<b>Sodium</b>	240mg	10%	480mg	21%	<b>Protein</b>	9g		18g	
	Vitamin D	5mcg	25%	10mcg	50%	Iron	1mg	6%	2mg	10%
	Calcium	200mg	15%	400mg	30%	Potassium	470mg	10%	940mg	20%
	*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.									

## Tabular Display for Small or Intermediate-Sized Packages

21 CFR 101.9(j)(13)(ii)(A)(1)

<p><b>Nutrition Facts</b></p> <p>about 3 servings per container</p> <p><b>Serving size</b> 1/3 cup (56g)</p> <hr/> <p><b>Calories</b> per serving <b>90</b></p>	Amount/serving	% DV	Amount/serving	% DV	
	<b>Total Fat</b> 2g		3%	<b>Total Carb.</b> 15g	5%
	Sat. Fat 1g		5%	Fiber 0g	0%
	<i>Trans Fat</i> 0.5g			Total Sugars 14g	
	<b>Cholesterol</b> 10mg		3%	Incl. 13g Added Sugars	26%
	<b>Sodium</b> 200mg		9%	<b>Protein</b> 3g	
	Vitamin D 0% • Calcium 6% • Iron 6% • Potassium 10%				

## Linear Display for Small or Intermediate-Sized Packages

21 CFR 101.9(j)(13)(ii)(A)(2)

<p><b>Nutrition Facts</b> Servings: 12, <b>Serv. size: 1 mint (2g),</b>          Amount per serving: <b>Calories 5, Total Fat</b> 0g (0% DV), Sat. Fat 0g (0% DV),  <i>Trans Fat</i> 0g, <b>Cholest.</b> 0mg (0% DV), <b>Sodium</b> 0mg (0% DV), <b>Total Carb.</b> 2g (1% DV),          Fiber 0g (0% DV), Total Sugars 2g (Incl. 2g Added Sugars, 4% DV), <b>Protein</b> 0g,          Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (6% DV).</p>
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Dual Columns, Two Forms of the Same Food  
 21 CFR 101.9(e)(5)

# Nutrition Facts

12 servings per container

**Serving size** 1/4 cup dry mix (44g)

	Per 1/4 cup dry mix		Per baked portion	
<b>Calories</b>	<b>170</b>		<b>300</b>	
	% DV*		% DV*	
<b>Total Fat</b>	1.5g	2%	16g	21%
Saturated Fat	1g	5%	5g	25%
<i>Trans Fat</i>	0g		0g	
<b>Cholesterol</b>	0mg	0%	60mg	20%
<b>Sodium</b>	300mg	13%	375mg	16%
<b>Total Carb.</b>	36g	13%	36g	13%
Dietary Fiber	<1g	2%	<1g	2%
Total Sugars	18g		18g	
Incl. Added Sugars	18g	36%	18g	36%
<b>Protein</b>	2g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	100mg	8%	100mg	8%
Iron	1mg	6%	1mg	6%
Potassium	40mg	0%	40mg	0%

\* 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.

Dual Column Display, Per Serving and Per Unit  
 21 CFR 101.9(e)(6)(i)

<b>Nutrition Facts</b>			
12 servings per container			
<b>Serving size</b>		<b>1/2 muffin (144g)</b>	
<b>Calories</b>	Per 1/2 muffin		Per 1 muffin
	<b>380</b>		<b>760</b>
	% DV*		% DV*
<b>Total Fat</b>	16g	<b>21%</b>	32g <b>41%</b>
Saturated Fat	3g	<b>15%</b>	6g <b>30%</b>
Trans Fat	0g		0g
<b>Cholesterol</b>	50mg	<b>17%</b>	100mg <b>33%</b>
<b>Sodium</b>	480mg	<b>21%</b>	960mg <b>42%</b>
<b>Total Carb.</b>	56g	<b>20%</b>	112g <b>41%</b>
Dietary Fiber	2g	<b>7%</b>	4g <b>14%</b>
Total Sugars	32g		64g
Incl. Added Sugars	30g	<b>60%</b>	60g <b>120%</b>
<b>Protein</b>	3g		6g
Vitamin D	0.1mcg	0%	0.2mcg 2%
Calcium	40mg	4%	80mg 6%
Iron	2mg	10%	4mg 20%
Potassium	190mg	4%	380mg 8%

\* 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.