



FDA Rounding Rules Cheat Sheet

Quick reference for 21 CFR 101.9(c) — every rounding increment for a standard Nutrition Facts panel. Full guide with worked examples at nutrilabelpro.com/fda-rounding-rules.

The #1 rule: Calculate with the real, unrounded numbers. Round only once, at the very end, per serving. Never round ingredient-by-ingredient — the errors compound.

Rounding Chart

Nutrient / Range	Round to	"Zero" threshold
Calories (≤50)	Nearest 5	<5 cal
Calories (>50)	Nearest 10	<5 cal
Fat — total / saturated / trans (0.5–5g)	Nearest 0.5g	<0.5g
Fat — total / saturated / trans (≥5g)	Nearest 1g	<0.5g
Cholesterol	Nearest 5mg	<2mg (2–5mg = "less than 5mg")
Sodium / Potassium (≤140mg)	Nearest 5mg	<5mg
Sodium / Potassium (>140mg)	Nearest 10mg	<5mg
Carbs, Fiber, Sugars, Added Sugars, Protein	Nearest 1g	<0.5g (use "<1g" from 0.5–1g)
% DV — fat, sodium, carbs, etc. (DRV nutrients)	Nearest 1%	—
% DV — vitamins/minerals (≤10%)	Nearest 2%	<2%
% DV — vitamins/minerals (>10–50%)	Nearest 5%	<2%
% DV — vitamins/minerals (>50%)	Nearest 10%	<2%

Watch out: vitamin/mineral % DV (amber rows above) does NOT round to the nearest 1% like other nutrients. It uses tiered 2% / 5% / 10% increments instead.

Worked Example

Nutrient	Actual	On label	Why
Calories	472	470	Nearest 10 (>50)
Total Fat	18.4g	18g	Nearest 1g (≥5g)
Saturated Fat	3.7g	3.5g	Nearest 0.5g (<5g)
Sodium	612mg	610mg	Nearest 10mg (>140)
Total Carb	42.6g	43g	Nearest 1g
Added Sugars	0.7g	<1g	0.5–1g range
Protein	38.2g	38g	Nearest 1g
Iron % DV	23%	25%	Nearest 5% (10–50%)