

Reference Values for Nutritional Labeling: Canadian vs US

Nutrient	Canadian Daily Values (DVs)	US Daily Reference Values (DRVs)
Total Fat	65 g	65 g
Saturated fatty acids*	20 g	20 g
Cholesterol	300 mg	300 mg
Total carbohydrate	300 g	300 g
Dietary Fiber	25 g	25 g
Protein	N/A	50 g
Sodium	2400 mg	2400 mg
Potassium	3500 mg	3500 mg
Calcium	1100 mg	1000 mg
Phosphorus	1100 mg	1000 mg
Magnesium	250 mg	400 mg
Iron	14 mg	18 mg
Zinc	9 mg	15 mg
Iodine	160 µg	150 µg
Selenium	50 µg	70 µg
Copper	2 mg	2 mg
Manganese	2 mg	2 mg
Chromium	120 µg	120 µg
Molybdenum	75 µg	75 µg
Chloride	3400 mg	3400 mg
Vitamin A	1000 RE	5000 IU
Vitamin D	5 µg	400 IU
Vitamin E	10 mg	30 IU
Vitamin C	60 mg	60 mg
Thiamin (thiamine, vitamin B1)	1.3 mg	1.5 mg
Riboflavin (vitamin B2)	1.6 mg	1.7 mg
Niacin	23 NE	20 mg
Vitamin B6	1.8 mg	2 mg
Folacin (folate)	220 µg	400 µg
Vitamin B12	2 µg	6 µg
Pantothenic acid (pantothenate)	7 mg	10 mg
Vitamin K	80 µg	80 µg
Biotin**	30 µg	300 µg

* Canadian 20 g is the sum of saturated and trans fatty acids. American 20 g is of the saturated fatty acids only.

** The DV numbers are 10 times different. It's NOT a typo.

- 1 g (gram) = 1000 mg
- 1 mg (milligram) = 1000 µg (microgram)
- 1 RE = 1 mcg retinol = 6 mcg beta-carotene
- 1 RE = (IU retinol/3.33) + (IU beta-carotene/10)
- 1 mcg of ergocalciferol (vitamin D2) or cholecalciferol (vitamin D3) = 40 IU vitamin D
- 1 IU vitamin E = 0.67 mg d-alpha tocopherol
- NE = (mg niacin and/or nicotinic acid) + (mg tryptophan / 60)
- 1 calorie = 4.186 kilojoules (kj)

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