



Rounding Rules & DV%

**Rounding Rules and Daily Value Calculations
provided by the U.S Government**

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MenuSano 3.0 Reference Document

Data found in this document is provided by the U.S.
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Rounding Value Rules

Nutrient	Condition	Rounding Number Value
Calories (Energy)	< 5 Calories ≤ 50 Calories < 50 Calories	0 Nearest multiple of 5 Nearest multiple of 10
Fat	< 0.5 g < 5 g ≥ 5 g	0 g Nearest multiple of 0.5 g Nearest multiple of 1 g
Saturated Fat	< 0.5 g < 5 g ≥ 5 g	0 g Nearest multiple of 0.5 g Nearest multiple of 1 g
Trans Fat	< 0.5 g < 5 g ≥ 5 g	0 g Nearest multiple of 0.5 g Nearest multiple of 1 g
Cholesterol	≤ 5 mg > 5 mg	0 mg Nearest multiple of 5 mg
Sodium	< 5 mg ≥ 5 mg to ≤ 140 mg > 140 mg	0 mg Nearest multiple of 5 mg Nearest multiple of 10 mg
Carbohydrate	< 1 g ≥ 1 g	0 g Nearest multiple of 1 g
Dietary Fiber	< 1 g ≥ 1 g	0 g Nearest multiple of 1 g
Sugars	< 1 g ≥ 1 g	0 g Nearest multiple of 1 g
Added Sugars	< 1 g ≥ 1 g	0 g Nearest multiple of 1 g
Sugar Alcohol	< 1 g ≥ 1 g	0 g Nearest multiple of 1 g
Protein	< 1 g ≥ 1 g	0 g Nearest multiple of 1 g
Potassium	< 5 mg ≥ 5 mg to ≤ 140 mg > 140 mg	0 mg Nearest multiple of 5 mg Nearest multiple of 10 mg
Calcium (RDI = 1300 mg)	All Cases	Nearest multiple of 1mg
Iron (RDI = 18 mg)	All Cases	Nearest multiple of 1mg
Vitamin D (RDI = 20 mcg)	All Cases	Nearest multiple of 1mg

DV% (Daily Value) Calculations

The Daily Value (DV) % is calculated for fats, cholesterol, sodium, carbohydrate, fiber, Vitamins and Minerals. The daily value percentages are not to add up to 100%, however they are to depict the amount consumed of your daily recommended total.

Every nutrient/category has its own recommended DV (see chart below). The calculations for the DV% is as follows:

$$\frac{X}{\text{Daily Value}} \times 100 = \text{DV\%}$$

Example: If Food A has 5g of Fat and the DV for Fat is 78g, the DV% would be as follows:

$$\frac{5}{78} \times 100 = 8.97\% = 9\%$$

Daily Value Percentages are not created for Calories (Energy), Trans Fat, and Protein.

Daily Values Chart

Nutrient	Rounding % Daily Value
Fat	78 g
Saturated Fat	20 g
Cholesterol	300 mg
Sodium	2300 mg
Carbohydrate	275 g
Fiber	28 g
Sugars	50 g
Vitamin D	20 mcg
Potassium	4700 mg
Calcium	1300 mg
Iron	18 mg