# Rounding Rules & DV%

**Rounding Rules and Daily Value Calculations
provided by the Government of Canada**

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## MenuSano 3.0 Reference Document

Data found in this document is provided by the Canadian Food Inspection Agency –
Government of Canada (https://inspection.canada.ca/food-
labels/labelling/industry/nutrition-labelling/additional-information/compliance-
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## Rounding Value Rules

| Nutrient | Condition | Rounding Number Value | Rounding % Daily Value |
|---|---|---|---|
| **Calories (Energy)** | < 5 Calories<br>≥ 5 to ≥ 50 Calories<br>> 50 Calories | Nearest multiple of 1 Cal<br>Nearest multiple of 5 Cal<br>Nearest multiple of 10 Cal | |
| **Fat** | < 0.5 g<br>≥ 0.5g to ≥ 5 g<br>> 5 g | Nearest multiple of 0.1 g<br>Nearest multiple of 0.5 g<br>Nearest multiple of 1 g | Nearest multiple of 1 % |
| **Saturated Fat** | < 0.5 g<br>≥ 0.5g to ≥ 5 g<br>> 5 g | Nearest multiple of 0.1 g<br>Nearest multiple of 0.5 g<br>Nearest multiple of 1 g | |
| **Trans Fat** | ≤ 0.2 g<br>< 0.2 g to < 0.5 g<br>≥ 0.5 g to ≥ 5 g<br>> 5 g | 0 g<br>Nearest multiple of 0.1 g<br>Nearest multiple of 0.5 g<br>Nearest multiple of 1 g | |
| **Sum of saturated fatty acids and trans fatty acids** | All cases | | Nearest multiple of 1 % |
| **Cholesterol** | < 2 mg<br>All other cases | 0 mg<br>Nearest multiple of 5 mg | 0 %<br>Nearest multiple of 1 % |
| **Sodium** | < 5 mg<br>≥ 5 mg to ≥ 140 mg<br>> 140 mg | Nearest multiple of 1 mg<br>Nearest multiple of 5 mg<br>Nearest multiple of 10 mg | Nearest multiple of 1 %<br>Nearest multiple of 1 %<br>Nearest multiple of 1 % |
| **Carbohydrate** | < 0.5 g<br>≥ 0.5 g | 0 g<br>Nearest multiple of 1 g | |
| **Dietary Fibre** | < 0.5 g<br>≥ 0.5 g | 0 g<br>Nearest multiple of 1 g | 0 %<br>Nearest multiple of 1 % |
| **Sugars** | < 0.5 g<br>≥ 0.5 g | 0 g<br>Nearest multiple of 1 g | 0 %<br>Nearest multiple of 1 % |
| **Sugar Alcohols** | < 0.5 g<br>≥ 0.5 g | 0 g<br>Nearest multiple of 1 g | 0 %<br>Nearest multiple of 1 % |
| **Protein** | < 0.5 g<br>≥ 0.5 g | Nearest multiple of 0.1 g<br>Nearest multiple of 1 g | |
| **Potassium** | < 5 mg<br>≥ 5 mg to < 50 mg<br>≥50 mg to < 250 mg<br>≥ 250 mg | 0 mg<br>nearest multiple of 10 mg<br>nearest multiple of 25 mg<br>nearest multiple of 50 mg | 0 %<br>nearest multiple of 1 %<br>nearest multiple of 1 %<br>nearest multiple of 1 % |
| **Calcium** | < 5 mg<br>≥ 5 mg to < 50 mg<br>≥50 mg to < 250 mg<br>≥ 250 mg | 0 mg<br>nearest multiple of 10 mg<br>nearest multiple of 25 mg<br>nearest multiple of 50 mg | 0 %<br>nearest multiple of 1 %<br>nearest multiple of 1 %<br>nearest multiple of 1 % |
| **Iron** | < 0.05 mg<br>≥ 0.05 mg to < 0.5 mg<br>≥ 0.5 mg to < 2.5 mg<br>≥ 2.5 mg | 0 mg<br>nearest multiple of 0.1 mg<br>nearest multiple of 0.25 mg<br>nearest multiple of 0.5 mg | 0 %<br>nearest multiple of 1 %<br>nearest multiple of 1 %<br>nearest multiple of 1 % |
| **Vitamin D** | < 0.1 µg | 0 µg | 0 % |

| | ≥ 0.1µg to < 1 µg | nearest multiple of 0.2 µg | nearest multiple of 1 % |
|---|---|---|---|
| | ≥ 1 µg to < 5 µg | nearest multiple of 0.5 µg | nearest multiple of 1 % |
| | ≥ 5 µg | nearest multiple of 1 µg | nearest multiple of 1 % |

## DV% (Daily Value) Calculations

The Daily Value (DV) % is calculated for fats, cholesterol, sodium, carbohydrate, fibre, 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:

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

Example: If Food A has 5g of Fat and the DV for Fat is 75g, the DV% would be as follows:

$$\frac{5}{75} \times 100 = 6.67\% = 7\%$$

Daily Value Percentages are not created for Calories (Energy), Cholesterol, and Protein. Note that the DV% for Saturated and Trans Fats are combined.

## Daily Values Chart

| Nutrient | Rounding % Daily Value |
|---|---|
| Fat | 75 g |
| Saturated Fat + Trans Fat Combined | 20 g |
| Cholesterol | 300 mg |
| Sodium | 2300 mg |
| Carbohydrate | 300 g |
| Fibre | 28 g |
| Sugars | 100 g |
| Potassium | 3400 mg |
| Calcium | 1300 mg |
| Iron | 18 mg |