



Rounding Rules & DV%

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

MenuSano Reference Document

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Canadian Food Inspection Agency – Government
of Canada

Rounding Value Rules

Nutrient	Condition	Rounding Number Value	Rounding % Daily Value
Calories (Energy)	< 5 Calories	Nearest multiple of 1 Cal	
	≥ 5 to ≥ 50 Calories	Nearest multiple of 5 Cal	
	> 50 Calories	Nearest multiple of 10 Cal	
Fat	< 0.5 g	Nearest multiple of 0.1 g	Nearest multiple of 1%
	≥ 0.5g to ≥ 5 g	Nearest multiple of 0.5 g	
	> 5 g	Nearest multiple of 1 g	
Saturated Fat	< 0.5 g	Nearest multiple of 0.1 g	
	≥ 0.5 g to ≥ 5 g	Nearest multiple of 0.5 g	
	> 5 g	Nearest multiple of 1 g	
Trans Fat	≤ 0.2 g	0 g	
	< 0.2 g to < 0.5 g	Nearest multiple of 0.1 g	
	≥ 0.5 g to ≥ 5 g	Nearest multiple of 0.5 g	
Cholesterol	> 5 g	Nearest multiple of 1 g	
	< 2 mg	0 mg	
	All other cases	Nearest multiple of 5 mg	
Sodium	< 5 mg	Nearest multiple of 1 mg	Nearest multiple of 1%
	≥ 5 mg to ≥ 140 mg	Nearest multiple of 5 mg	
	> 140 mg	Nearest multiple of 10 mg	
Carbohydrate	< 0.5 g	0 g	0%
	≥ 0.5 g	Nearest multiple of 1 g	Nearest multiple of 1%
Dietary Fibre	< 0.5 g	0 g	0%
	≥ 0.5 g	Nearest multiple of 1 g	Nearest multiple of 1%
Sugars	< 0.5 g	0 g	
	≥ 0.5 g	Nearest multiple of 1 g	
Protein	< 0.5 g	Nearest multiple of 0.1 g	
	≥ 0.5 g	Nearest multiple of 1 g	
Vitamin A / Vitamin C	< 1%		0%
	≥ 1% to < 2%		2%
	≥ 2% to ≥ 10%		Nearest multiple of 2%
	>10% to ≤50%		Nearest multiple of 5%
Calcium	> 50%		Nearest multiple of 10%
	< 1%		0%
	≥ 1% to < 2%		2%
	≥ 2% to ≥ 10%		Nearest multiple of 2%
Iron	> 10% to ≤ 50%		Nearest multiple of 5%
	> 50%		Nearest multiple of 10%
	< 1%		0%
	≥ 1% to < 2%		2%

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:

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

Example: If Food A has 5g of Fat and the DV for Fat is 65g, the DV% would be as follows:

$$\frac{5}{65} \times 100 = 7.69\% = 8\%$$

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

Daily Values Chart

Nutrient	Rounding % Daily Value
Fat	65g
Saturated Fat	20g
Trans Fat	20g
Cholesterol	300mg
Sodium	2400mg
Carbohydrate	300g
Fibre	25g
Vitamin A	1000RE [retinal equivalents]
Vitamin C	60mg
Calcium	1100mg
Iron	14 mg