



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
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Rounding Value Rules

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

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

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	4700 mg
Calcium	1300 mg
Iron	18 mg