The nutritionfacts package

Nutrition Facts panels and nutrition tables, v1.0

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1 Introduction

nutritionfacts typesets a US-style *Nutrition Facts* panel and a simple per-100 g nutrition table (the style used in the EU and many other countries). It is meant for recipe books, food-science course material, student reports and product mock-ups. It needs only pgfkeys, array and xcolor.

The package only typesets numbers you provide; it does not compute daily values or check regulatory compliance. For real food labels, follow your local regulations.

Example values below come from USDA FoodData Central (`https://fdc.nal.usda.gov/`). Calorie and nutrient lookups for everyday foods, plus calorie, TDEE and macro calculators with their formulas, are available at `https://snowbelly.app/`.

2 Nutrition Facts panel

```
\begin{nutritionfacts}[servings=1, serving size={1 medium (118 g)}, calories=105]
  \nfrow{Total Fat}{0.4g}{1}
  \nfrow[1]{Saturated Fat}{0.1g}{1}
  \nfrow[1]{\textit{Trans} Fat}{0g}{}
  \nfrow{Cholesterol}{0mg}{0}
  \nfrow{Sodium}{1mg}{0}
  \nfrow{Total Carbohydrate}{27g}{10}
  \nfrow[1]{Dietary Fiber}{3.1g}{11}
  \nfrow[1]{Total Sugars}{14g}{}
  \nfrow{Protein}{1.3g}{}
  \nfmidrule
  \nfmineral{Potassium}{422mg}{9}
\end{nutritionfacts}
```

Nutrition Facts

1 serving per container

Serving size **1 medium (118 g)**

Amount per serving

Calories **105**

	% Daily Value*
Total Fat 0.4g	**1%**
Saturated Fat 0.1g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1mg	**0%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 3.1g	**11%**
Total Sugars 14g	
Protein 1.3g	
Potassium 422mg	9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2.1 Options

`width` panel width (default `6.4cm`)

`title` heading (default `Nutrition Facts`)

`servings` servings per container (omitted if empty)

`serving size` serving size text

`calories` calories per serving

`dv note` footnote text

`font` font switch (default `\sffamily`)

2.2 Commands

`\nfrow[level]{label}{amount}{dv}` adds a nutrient row; level 0 is bold, 1 and 2 are indented. Leave `dv` empty to omit the percentage. `\nfmineral{label}{amount}{dv}` adds a non-bold row (vitamins, minerals). `\nfthinrule`, `\nfmidrule` and `\nfthickrule` draw the three rule weights.

3 Per-100 g table

```
\begin{nutritiontable}[per=100 g, portion={1 egg (50 g)}]
  \nfitem{Energy}{143 kcal}{72 kcal}
  \nfitem{Fat}{9.5 g}{4.8 g}
  \nfsubitem{of which saturates}{3.1 g}{1.6 g}
  \nfitem{Carbohydrate}{0.7 g}{0.4 g}
  \nfitem{Protein}{12.6 g}{6.3 g}
\end{nutritiontable}
```

Nutrition	per 100 g	per 1 egg (50 g)
Energy	143 kcal	72 kcal
Fat	9.5 g	4.8 g
of which saturates	3.1 g	1.6 g
Carbohydrate	0.7 g	0.4 g
Protein	12.6 g	6.3 g

Leave out `portion` for a single column.

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