

The Ultimate Prepress Nutrition Label Checklist Created by Mahad Ikram | Prepress & Packaging Engineer

Typography & Layout

- Is the primary font a highly legible sans-serif (e.g., Helvetica or Arial)?
- Are the standard nutrient font sizes at least 8pt?
- Is the footnote font size at least 6pt?
- Is the "Calories" text bold and at least 16pt (or appropriately scaled to the package size)?
- Are the hairline dividers utilizing a correct visual hierarchy (0.5pt, 1pt, and 3pt strokes)?

Prepress & Print Safety

- Is all text set to exactly 100% K (Black) or a single Spot Color? (NO Rich Black CMYK mixes).
- Does the label have a high-contrast background (e.g., Black text on a White or light background)?
- Is the label placed at least 3mm away from any score lines, fold lines, or glue flaps on the dieline?
- If printing over a dark background or metallic foil, is the label properly knocked out with a solid white base?

Regulatory Compliance

- Is the mandatory Allergen Declaration present immediately below the ingredients?
- Does the Allergen Declaration start with the exact word "Contains:" in bold?
- Are the Daily Value percentages (%) calculated correctly based on the updated FDA daily limits?
- Have calories and macro-nutrients been rounded correctly according to FDA variance rules?
- Have "Added Sugars" been declared as a sub-category under Total Carbohydrates?

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