

NCC Standard Nutrient List 2026

Primary Energy Sources:

- ◆ Calories (kilocalories)
- ◆ Total Fat (g)
- ◆ Total Carbohydrate (g)
- ◆ Protein (g)

Fat and Cholesterol:

- ◆ Cholesterol (mg)
- ◆ Saturated Fat (g)
- ◆ Monounsaturated Fat (g)
- ◆ Polyunsaturated Fat (g)
- ◆ Trans Fat (g)
- ◆ Omega-3 Fatty Acids (g)

Other Nutrients:

- ◆ Total Sugars (g)
- ◆ Added Sugars (by Total Sugars) (g)
- ◆ Dietary Fiber (g)
- ◆ Soluble Fiber (g)
- ◆ Insoluble Fiber (g)
- ◆ Choline (mg)

Vitamins:

- ◆ Vitamin A (mcg RAE)*
- ◆ Vitamin D (mcg)
- ◆ Vitamin E (mg)
- ◆ Vitamin K (mcg)
- ◆ Vitamin C (mg)
- ◆ Thiamin (mg)
- ◆ Riboflavin (mg)
- ◆ Niacin (mg NE)**
- ◆ Pantothenic acid (mg)
- ◆ Vitamin B6 (mg)
- ◆ Folate (mcg DFE)***
- ◆ Vitamin B12 (mcg)

Minerals:

- ◆ Calcium (mg)
- ◆ Phosphorus (mg)
- ◆ Magnesium (mg)
- ◆ Iron (mg)
- ◆ Zinc (mg)
- ◆ Copper (mg)
- ◆ Manganese (mg)
- ◆ Selenium (mcg)
- ◆ Sodium (mg)
- ◆ Potassium (mg)

Total number of nutrients: 38

*RAE = Retinol Activity Equivalents

**NE = Niacin Equivalents

***DFE = Dietary Folate Equivalents