

**Food Labels for Infants under Two**

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You may have noticed that infant food labels look different from adult food labels. While infant food labels also use the Nutrition Facts format, the information provided is different.

**Total Fat**
Total fat content on the food label will show the amount of total fat in a serving of the food, but babies under two years need fat so parents should not attempt to limit their infant's fat intake.

**Serving Size**
Serving sizes for infant foods are based on average amounts that infants up to 12 months of age or that children ages one to three will usually eat at one time. Serving sizes on adult food labels are based on average amounts that adults typically eat at one time. Some serving sizes will be changing with the new Nutrition Facts label, and there will be new age categories, as well.

**Daily Values**
Food labels for infants and children list percent Daily Values (DVs) for protein, vitamins and minerals. Unlike adult food labels, daily values for saturated fat, cholesterol, sodium, and dietary fiber are not listed, because they have not been set