

Instructions for Use: Nutrition Facts Label Templates

Open the Template File

Launch Adobe Illustrator (or your preferred design software that supports layered vector files).

Go to File > Open, then locate and select the provided Nutrition Facts Label Template file.

Review the Layers Panel

Open the Layers panel (typically found under Window > Layers in Adobe Illustrator).

You will see multiple layers, including Labels, Dimensions, and Label Names.

Understand Non-Printing Layers

The Dimensions and Label Names layers are set to non-printing by default.

This ensures measurement guides and naming references remain visible while you work, but do not appear when you print or export the final design.

Customize Label Text

Activate the Labels layer to edit the nutritional information, serving size, daily value percentages, or any other text.

All text fields are fully editable and set in the Arial font family.

If Arial is not available on your system, you may substitute Helvetica or a similar sans-serif typeface.

Make any necessary content changes to reflect your product's nutritional values or branding requirements.

Adjust Layout and Dimensions (If Needed)

Use the reference guides in the Dimensions layer to match your packaging size.

The labeled measurements are provided as a guide for commonly used Nutrition Facts labels but can be scaled to fit your specific package dimensions.

Confirm Regulations and Legibility

When editing text, ensure your label meets current regulatory requirements.

Maintain legible font sizes and clear contrast between text and background.

Toggle Layer Visibility Before Finalizing

If you no longer need the guides, hide or lock the Dimensions and Label Names layers by clicking the eye (visibility) or lock icons in the Layers panel.

This keeps your working file organized and prevents accidental changes.

Print, Export, or Package the File

Print: For in-house printing, go to File > Print, and verify that non-printing layers remain hidden so they do not appear on the final output.

Export: For external printing, consider saving or exporting as PDF, EPS, or another vector-friendly format. Confirm that the non-printing layers are excluded if your printer does not require them.

Package (Adobe Illustrator only): If you're sending the file to a commercial printer or another designer, use File > Package to collect all fonts and linked images (if any).

Archive Your Source File

Keep an editable version of the file with layers intact. This way, if regulations or nutritional data change in the future, you can easily update the text without recreating the entire label.

These templates provide a foundation for creating clear, compliant, and professional Nutrition Facts labels. By following the steps above, you can seamlessly edit text, adjust layout dimensions, and finalize your design for printing or digital distribution.

We're happy to provide these Nutrition Facts label templates as a handy starting point.

Remember, it's your responsibility to make sure everything meets current labeling guidelines and regulations. We do our best to keep these templates accurate, but we can't guarantee they'll satisfy every requirement. Before finalizing your labels, please double-check all details—especially the text and format—to ensure compliance. If you're unsure, it's always a good idea to consult a qualified expert or regulatory authority.

We want you to feel confident and covered!

Need help or have questions—Please reach out

(866) 757-1114
support@sheetlabels.com
www.sheetlabels.com

Sheet Labels Northeast
24 Native Drive
Queensbury, NY 12804

Sheet Labels Southwest
3813 Helios Way
Pflugerville, TX 78660



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