

FOLLOW CAREFULLY THESE DIRECTIONS TO PRODUCE A NUTRITION FACTS LABEL

(the label to the right is the exact label on the Ghirardelli Hot Chocolate Chocolate Mocha flavour)

Read carefully, then do, each step. Producing this nutrition facts label isn't fun. It is an extraordinary exercise to practice type formatting in InDesign. It'll help you immensely in your professional work!

1. Make an InDesign file:

Document Size: 11 pica wide x 20 pica high, 1 column, 0 margins

2. Save the file:

SmithNutritionFacts

3. Draw a text box and center it in the document:

10 pica w x 19.6 pica high

NOTE: the width of your Nutrition Facts label is 10 or 10.6 picas, the depth is different for the different flavours so be sure to measure—with your pica ruler—the actual label on your Ghirardelli can.

4. Window > Stroke

Weight = .5pt, Type = solid

5. Object > Text Frame Options > Inset Spacing:

Top, Bottom, Left, Right = 0p2
Vertical Justification, Align: Top

6. Start typing; don't work with Character or Paragraph styles. it's more efficient to proceed in this manner:

- a) Nutrition Facts = Helvetica Bold 13 pt with track of 124
(hard return)
- b) Serving Size = 7/7 Helvetica Regular (7pt type, 7pt leading) with a track of -10
NOTE: EVERYTHING from Serving Size through the rest of the label = track of -10)
(hard return)
- c) Servings Per Container 7/7 Helvetica Regular. Highlight Servings Per Container and hit (command-option-j) to open Rules dialogue box:
in Rules dialogue box set:
Rule Below, check Rule On, 7pt, Color: Black, Width: Column, Type: solid line, Offset 0p2. Deselect.
(hard return)
- d) Amount Per Serving = 6/14 Helvetica Bold. Highlight Amount Per Serving and hit (command-option-j). The only setting that you need to change is the Rule width to .25. Deselect.
(hard return)
- e) Calories = 7/9 Helvetica Bold. The actual calorie amount = 7/9 Helvetica Regular (NOTE: TYPE IN THE ACTUAL CALORIE, ETC... AMOUNTS FROM YOUR LABEL)
Select the 'Calories...' line. Set a tab: Type > Tabs: right tab at 9p6), hit the tab key and type: Calories from fat = 7/9 Helvetica Regular. Now, select the line "Calories 80 Calories from fat 5," hit (command-option-j) and set a 3pt rule. Deselect.
(hard return)
- f) hit Tab and type % Daily Value* = 6/11 Helvetica Bold. Select the % Daily Value line, hit (command-option-j) and set a .25pt rule
(hard return)
- g) Total Fat = Helvetica 7/9, 1g = Helvetica Regular. Hit Tab, type 1%
(hard return; you want to maintain the .25pt rule)
- h) Type Saturated Fat 0g, select it, set a left tab at 0p6. Hit tab again to type 0% at the right margin.
CONTINUE IN THIS MANNER UNTIL YOU GET TO 'PROTEIN'
- i) Protein is set 7/9 (command-option-j), rule = 7pt
- j) Vitamin A • Vitamin C < set Vitamin A and Vitamin C 7/16, Calcium and Iron 7/9.
Calcium • Iron set a tab exactly centered and hit option-8 to make bullets
- k) "Percent daily values paragraph is 6/8 Helvetica with a .25pt rule after the "Calories" line
- l) Total Fat is 6/8, Saturated Fat through end of the label is 6/6 Helvetica with left tabs at .6, 3, 5p6, 7p6

Nutrition Facts	
Serving Size 3 tbsp. (22g)	
Servings Per Container about 20	
Amount Per Serving	
Calories 80	Calories from fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 16g	
Protein 1g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 6%
Percent daily values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Save the whole thing as a high resolution (for print) pdf. In your Illustrator document (the Ghirardelli label) go to Edit > Place and then you go! **MAKE SURE** that you also save the InDesign file, as you may at some time in the future need to adjust it or change it for another project (hint).