



Unlock the Code to Nutrition Labels

Sample label for Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3 g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Ingredients: ENRICHED MACARONI PRODUCT (DURUM WHEAT FLOUR, WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, CALCIUM CARBONATE, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, SODIUM PHOSPHATE, LACTIC ACID, MILK, YELLOW 5, YELLOW 6, ENZYMES, CHEESE CULTURE).

1

Start here

How many servings are in the packet?

2

Check Calories

How many calories are in each serving?

3

Limit these Nutrients

Limit your intake to less than 100% of these every day.

4

Get Enough of these Nutrients

Try to average 100% of these every day.

40 calories is low
100 calories is moderate
400 calories is high

5

Quick Guide to Percent Daily Value

5% or less is low
20% or more is high.

6

Ingredients

Read the ingredients list on the label. What is your food made of?



Source: www.cfsan.fda.gov/~dms/foodlab.html

