

Reading a Food Label

Sample label for
Macaroni & Cheese

① Start Here →

| Nutrition Facts | |
|---|--------------------------------|
| Serving Size 1 cup (228g) | |
| Serving Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 1.5g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% | |
| Vitamin C 2% | |
| Calcium 20% | |
| Iron 4% | |
| * 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 |

②

③ Limit these
Nutrients

Quick Guide
to % DV ⑤

5% or less
is Low

20% or more
is High

④ Get Enough
of these
Nutrients

⑥ Footnote