

Nutrition Label

Sample label for
Macaroni & Cheese

Nutrition Facts

1 **Start Here** →

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

2 **Check Calories**

Amount Per Serving

Calories 250 Calories from Fat 110

3 **Limit these Nutrients**

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

4 **Get Enough of these Nutrients**

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

6

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

Source: *How to Understand and Use the Nutrition Facts Label*;
available at: <http://www.cfsan.fda.gov/%7Edms/foodlab.html>