

Reading the Food Label

Macaroni & Cheese	
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%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrates 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.
**Contains less than 2% of the Daily Value of these nutrients

Serving size

Total calories per serving

Total fat per serving

Calories from fat per serving

This number is the % Daily Value for fat in 1 serving of this food. Adding up the fat in all the foods you eat in a day, you should try to eat no more than 100% Daily Value for fat.

If the % Daily Value for a nutrient is 5% or less, that means the food is low in that nutrient.
If the % Daily Value is 20% or more, that means the food is high in that nutrient.