



Understanding the Food Label

Sample Label for
Macaroni and Cheese

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Limit these Nutrients
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Get Enough of the Nutrients
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Footnote

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	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

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Quick Guide to % DV

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

INGREDIENTS: Water, enriched macaroni (enriched flour [niacin, ferrous sulfate, (iron), thiamine mononitrate and riboflavin], egg white), flour, cheddar cheese (milk, cheese culture, salt, enzyme), spices, margarine (partially hydrogenated soybean oil, water, soy lecithin, mono- and diglycerides, beta carotene for color, vitamin A palmitate, and maltodextrin.

Label Lingo



Free

Contains no amount of, or only trivial amounts of a nutrient. Example, "fat free," "calorie free," "sodium free."

Low

40 calories or less/serving of calories; 3 grams or less/serving of fat; 1 gram or less/serving of saturated fat; 20 mg or less/serving of cholesterol; 140 mg or less/serving of sodium.

Reduced

A food with at least 25 percent less of a nutrient or calories than the reference food. Also can use "lower" or "fewer" for calories.

High

Contains 20 percent or more of the Daily Value (DV) for nutrient per reference serving.

Good Source

Contains 10 to 19 percent of the Daily Value for a nutrient.



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