



(a)

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 % Daily Value*
③ Limit these nutrients	Total Fat 12g 18% Saturated Fat 3g 15% Trans Fat 3g Cholesterol 30mg 10% Sodium 470mg 20% Total Carbohydrates 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%
⑤ Footnote	*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

⑥ Quick guide to % DV

• 5% or less is low

• 20% or more is high

(b)