SAMPLE FOOD LABEL

Macaroni & Cheese

Nutrition Facts

(1) Start Here →

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

Amount Per Serving

(2) Check Calories

Calories 250   Calories from Fat 110

% Daily Value* **(6)**

(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	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

(4) Get Enough of these Nutrients

Quick Guide to % DV

- **5% or less is Low**

- **20% or more is High**

* 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

(5) Footnote