

# What's on a Label?

Food labels can help you make healthy food choices. Use the **Nutrition Facts** label for Macaroni and Cheese to learn more about the foods you are buying and eating.

**SERVING SIZES** are given in both household and metric measurements.

The list of **NUTRIENTS** covers the ones most important to you.

Some labels give the number of **CALORIES PER GRAM** of fat, carbohydrate, and protein.

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories 260</b>		<b>Calories from Fat 120</b>	
% Daily Value*			
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 5g			<b>25%</b>
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 660mg			<b>28%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A <b>4%</b>	•	Vitamin C <b>2%</b>	
Calcium <b>15%</b>	•	Iron <b>4%</b>	
*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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

**CALORIES FROM FAT** are shown on the label to help you meet dietary guidelines that recommend people get no more than 30 percent of their calories from fat.

**% DAILY VALUE** tells whether a food contributes a lot or a little of a nutrient. A higher number means the food has more of the nutrient. A lower number means it has less of the nutrient. As a guide, foods with a 5% Daily Value or less have a small amount of that nutrient while those with a 20% Daily Value or more have a large amount.



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# Make a Smart Choice

Use the **NUTRITION FACTS** label to compare products - and choose the one that is healthier for you and your family.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 2g	
Vitamin A <b>0%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>2%</b>

**A**

## USE THE % DAILY VALUES TO COMPARE PRODUCTS

In general, try to choose foods with :

- higher % Daily Values for Vitamins A & C and minerals (iron and calcium)
- higher % Daily Values for fiber
- lower % Daily Values for total fat, saturated fat and cholesterol
- lower % Daily Values for sodium

## Let's compare two product labels, A & B.

**1. READ EACH LABEL**, look for the % Daily Values for:

- total fat
- saturated fat
- cholesterol
- sodium
- fiber
- Vitamins A & C
- minerals (iron & calcium)

## 2. ANSWER THESE QUESTIONS

Which product is:

- lower in % Daily Value for total fat?
- lower in saturated fat and cholesterol?
- lower in % Daily Value for sodium?
- higher in % Daily Value for fiber?
- higher in % Daily Value for Vitamins A & C?
- higher in % Daily Value for iron & calcium?

## 3. HOW DO THESE PRODUCTS COMPARE?

In general:

Product A is lower in fat, cholesterol and sodium.  
Product B is higher in calcium. Both products provide no fiber and very little or no vitamins A, C or iron.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories 250</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>2%</b>
Calcium <b>20%</b>	Iron <b>4%</b>

**B**

## 4. SO WHICH PRODUCT WOULD YOU CHOOSE?

It depends on your dietary needs.

If you want to cut down on fat, you might choose product A. If you needed a good source of calcium, you might choose product B. Or, you may want to compare other products before deciding.