

# FOOD LABELS GIVE US IMPORTANT INFORMATION



## Macaroni and Cheese

### Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

#### Amount Per Serving

**Calories 250**

**Calories from Fat 110**

#### % 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>

\*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	

**T**he list of nutrients covers the ones most important to your health

**L**ook at the serving size. It will be the same for similar foods. The amount of calories and nutrients listed on the package is based on the serving size. So, if you eat twice that amount you will get twice the calories and nutrients.

**U**se the % Daily Values to compare products.

In general, try to choose foods with:

- Higher % Daily Values for vitamins A and C, and minerals (calcium and iron).
- Higher % Daily Values for fiber.
- Lower % Daily Value for total fat, saturated fat and cholesterol.
- Lower % Daily Value for sodium.

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① Limit these

② Get enough of these