Sample Label for
Macaroni and Cheese

Start Here

Limit these Nutrients

Get Enough of these Nutrients

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 1.5g	
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%

* 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

Ingredients: enriched wheat flour, vegetable shortening, partially hydrogenated soybean oil, high fructose corn syrup, corn flour, whey cornstarch, baking soda, salt, soy lecithin (emulsifier), natural flavors.

Quick Guide to % DV

5% or less is low

20% or more is high

LABEL READING "101"

1. **CALORIES** — 300 – 500 **per meal**; 200 or less **per snack**
2. **TOTAL FAT** — 5% or less for weight loss
   - **a.** Saturated fat — 2g per serving
   - **b.** Trans fat / "hydrogenated" — ZERO
3. **CHOLESTEROL-** — 200 – 300mg per day
4. **SODIUM** – — 1500 - 2000 mg **per day**; 200 – 300 mg **per serving**
5. **TOTAL CARBOHYDRATE** 30 – 60 g per meal (general)
   - **a.** *Fiber* — *3-5g or more* ***per serving***; *21 – 38 g or >* ***per day***
   - **b.** *Sugar* — 6g or less per serving if diabetic; *7 – 10 g or less if not diabetic*
6. **TOP 3 INGREDIENTS TO AVOID:**
   - **a.** "Enriched" flour – look for 100% whole wheat or grain
   - **b.** "Hydrogenated or partially hydrogenated oil"
   - **c.** High Fructose Corn Syrup