Sample label for
Macaroni & Cheese

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 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%

* 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

1. **Start Here**
2. **Check Calories**
3. **Limit these Nutrients**
4. **Get Enough of these Nutrients**
5. **Footnote**
6. **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

You will see this footnote on larger food packages. It always looks the same. It is guidelines for a healthful diet.