

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.

Answer Key: Find it on the Label

Use the sheet showing labels from the Milk Group (What's on the Label?) to answer these questions.

Use the fat-free milk label for the first questions:

1. What serving size is the nutrition information based on? 8 fl. oz. (245 g)
2. How many servings are in the container of fat-free milk? 8
3. How many calories are in one serving? 90
4. What is the protein content in one serving? 8 g
 - What does the g stand for? gram
 - How does that compare to the protein in one serving of chocolate milk? same
5. How much fiber is in three glasses (8 oz. each) of fat-free milk? 0
 - Do most foods from the Milk Group have fiber? No
(Note: chocolate milk has a small amount of fiber due to the added thickeners)
6. Is there any trans fat in the fat-free milk? No
 - Is there any trans fat in any other milk product listed? No
7. How much sugar is in one cup (8 oz.) of fat-free milk? 12 g
 - This sugar is naturally-occurring (lactose), meaning no sugar has been added.
 - How much sugar is in one cup (8 oz.) of chocolate milk? 27 g
 - Why is there more than twice the sugar content in chocolate milk?
Sugar is added to make it sweet
8. What is the sodium content of one cup (8 oz.) of fat-free milk? 130 mg
 - What does mg stand for? milligram
 - Does cheese (either American or cottage cheese) have more or less sodium per serving than milk? more
9. Look at the vitamins and minerals in the bottom of the label.
 - Do milk products have more Vitamin A or Vitamin C? Vitamin A
 - Do they have more calcium or iron? calcium
10. If you ate one cup of ice cream, how much fat would you be eating? 14 g
(Note: the nutrition is based on $\frac{1}{2}$ cup serving so you need to multiply X 2)

Name: _____

What's on the Label?

Milk fat-free

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat	0g 0%
Trans Fat	0g 0%
Cholesterol	< 5mg 0%
Sodium	130mg 5%
Total Carbohydrate	12g 4%
Dietary Fiber	0g 0%
Sugars	12g
Protein	8g
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Milk 1%, chocolate

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat	1.5g 8%
Trans Fat	0g 0%
Cholesterol	5mg 2%
Sodium	190mg 8%
Total Carbohydrate	29g 10%
Dietary Fiber	1g 5%
Sugars	27g
Protein	8g
Vitamin A 10% • Vitamin C 6%	
Calcium 30% • Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet.

Milk 2%

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat	3g 15%
Trans Fat	0g 0%
Cholesterol	20mg 7%
Sodium	125mg 5%
Total Carbohydrate	13g 4%
Dietary Fiber	0g 0%
Sugars	12g
Protein	8g
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Milk whole

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12%
Saturated Fat	5g 25%
Trans Fat	0g 0%
Cholesterol	35mg 11%
Sodium	125mg 5%
Total Carbohydrate	12g 4%
Dietary Fiber	0g 0%
Sugars	12g
Protein	8g
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Vanilla ice cream

Nutrition Facts	
Serving Size 1/2 cup (65g)	
Servings Per Container 14	
Amount Per Serving	
Calories 140	Calories from Fat 70
%Daily Value*	
Total Fat 7g	11%
Saturated Fat	4.5g 23%
Trans Fat	0g 0%
Cholesterol	20mg 6%
Sodium	40mg 2%
Total Carbohydrate	15g 5%
Dietary Fiber	0g 0%
Sugars	15g
Protein	3g
Vitamin A 4% • Vitamin C 0%	
Calcium 10% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

American cheese

Nutrition Facts	
Serving Size 1 slice (19g)	
Servings Per Container 24	
Amount Per Serving	
Calories 60	Calories from Fat 40
%Daily Value*	
Total Fat 4.5g	7%
Saturated Fat	2.5g 13%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	250mg 10%
Total Carbohydrate	1g 0%
Dietary Fiber	0g 0%
Sugars	1g
Protein	3g
Vitamin A 4% • Vitamin C 0%	
Calcium 20% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Fruit-flavored yogurt

Nutrition Facts	
Serving Size 6 ounces (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat	1g 5%
Trans Fat	0g 0%
Cholesterol	10mg 3%
Sodium	125mg 5%
Total Carbohydrate	33g 11%
Dietary Fiber	0g 0%
Sugars	30g
Protein	6g
Vitamin A 0% • Vitamin C 0%	
Calcium 20% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Cottage cheese

Nutrition Facts	
Serving Size 1/2 cup (119g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 20
%Daily Value*	
Total Fat 2.5g	4%
Saturated Fat	1.5g 8%
Trans Fat	0g 0%
Cholesterol	15mg 5%
Sodium	410mg 17%
Total Carbohydrate	6g 2%
Dietary Fiber	0g 0%
Sugars	5g
Protein	11g
Vitamin A 4% • Vitamin C 0%	
Calcium 8% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Find it on the Label

Use the sheet showing labels from the Milk Group ("What's on the Label?") to answer these questions.

Use the fat-free milk label for the first questions:

1. What serving size is the nutrition information based on? _____
2. How many servings are in the container of fat-free milk? _____
3. How many calories are in one serving? _____
4. What is the protein content in one serving? _____
 - What does the g stand for? _____
 - How does that compare to the protein in one serving of chocolate milk? _____
5. How much fiber is in three glasses (8 oz. each) of fat-free milk? _____
 - Do most foods from the Milk Group have fiber? _____
6. Is there any trans fat in the fat-free milk? _____
 - Is there any trans fat in any other milk product listed? _____
7. How much sugar is in one cup (8 oz.) of fat-free milk? _____
 - This sugar is naturally-occurring (lactose), meaning no sugar has been added.
 - How much sugar is in one cup (8 oz.) of chocolate milk? _____
 - Why is there more than twice the sugar content in chocolate milk?

8. What is the sodium content of one cup (8 oz.) of fat-free milk? _____
 - What does mg stand for? _____
 - Does cheese (either American or cottage cheese) have more or less sodium per serving than milk? _____
9. Look at the vitamins and minerals on the bottom of the label.
 - Do milk products have more Vitamin A or Vitamin C? _____
 - Do they have more calcium or iron? _____
10. If you ate one cup of ice cream, how much fat would you be eating? _____