

How to Read a Food Label

Sample Label for 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*	
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:

Start Here

**Limit these
Nutrients**

**Get Enough
of these
Nutrients**

**Quick Guide
to % DV**

**5% or less
is low
20% or more
is high**

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Remember to read the ingredients! The first 3-5 ingredients make up the largest portion of the food.



Here are two different ingredient lists for Mac and Cheese.

Which one would you choose?

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, YELLOW 6, CHEESE CULTURE, ENZYMES)

CONTAINS: WHEAT, MILK.

ORGANIC WHEAT MACARONI, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, NON-ANIMAL ENZYMES), WHEY, BUTTER, NONFAT MILK, CORN STARCH, SALT, SODIUM PHOSPHATE.

CONTAINS MILK AND WHEAT INGREDIENTS.