

# Understanding the Nutrition Facts Label

## Sample Label for Macaroni & Cheese

Start Here **1**

### Nutrition Facts

2 servings per container  
**Serving size** 1 Cup (228g)

**Amount Per Serving**  
**Calories** **250**

% Daily Value\*

<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 1mcg	4%
Calcium 195mg	15%
Iron 0.72mg	4%
Potassium 0mg	0%

Limit These Nutrients **2**

**4** See the footnote\*  
 Low = 5% or less  
 High = 20% or more

Get Enough of These Nutrients **3**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, CHEESE SAUCE MIX (WHEY, MILKFAT, SALT, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, YELLOW 5, ENZYMES, CHEESE CULTURE, VITAMIN D3.

# Label Lingo



## "Free"

Contains no amount of, or only trivial amounts of, a nutrient.

Examples: "fat free," "Calorie free," "sodium free"

## "No salt/sugar added"

No salt or sugar added during processing.

However, this does not necessarily mean that the product is sodium or sugar free.

## "Low"

- Calories - 40 Calories or less per serving
- Total fat - 3 g or less per serving
- Saturated fat - 1 g or less per serving
- Cholesterol - 20 mg or less per serving
- Sodium - 140 mg or less per serving

## "Reduced"

Contains at least 25% less of a nutrient or Calories than the original food.

## "Good Source"

Contains 10-19% of the Daily Value of a nutrient.