

Sample label for
Macaroni & Cheese

Nutrition Facts

1 **Start Here** →

Serving Size 1 cup (228g)
Servings Per Container 2

2 **Check Calories**

Amount Per Serving
Calories 250 Calories from Fat 110

3 **Limit these Nutrients**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| <i>Trans</i> 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% |

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Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

4 **Get Enough of these Nutrients**

5 **Footnote**

* 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 |