

Sample Label for  
Macaroni and Cheese

<b>Nutrition Facts</b>	
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:

	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

**Limit these Nutrients**

**Get Enough of these Nutrients**

**Footnote**

**Quick Guide to % DV**

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

Source: U.S. Food and Drug Administration (FDA). <http://www.fda.gov>

You will find this label on most foods. Use it as a guide to find fat, sodium, and sugars in foods.

The Nutrition Facts label is one part of a food label. Other important parts include the front panel, which may tell you whether nutrients have been added (such as "calcium-fortified" on an orange juice label), and the ingredients list, which lists ingredients in descending order by weight.

The Nutrition Facts label allows you to compare similar foods or to check whether the food is a good source of a nutrient. The % Daily Value section can tell you whether a food is high or low in a particular nutrient. If you want to limit a certain nutrient (such as saturated fat or sodium), choose foods with a lower % Daily Value.

Serving sizes of similar foods are the same on all Nutrition Facts labels, to make comparing foods easier. However, Nutrition Facts serving sizes may differ from those used in the food guide pyramid. For example, 2 oz (56.7 g) of dry macaroni (the serving size on the Nutrition Facts label) equals about 1 cup of cooked pasta, which is two servings according to the food guide pyramid.