

Read the Label to Eat Better

Macaroni and Cheese

Serving sizes are in common household measurements, like 1 cup, 1 teaspoon.

This has 2 servings. Many foods have more than one serving.

Limit these to avoid eating too many calories and too much fat, saturated fat, trans fat, cholesterol, sodium and sugar.

Get enough of these nutrients: Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron

The ingredients that weigh the most are first and those that weigh the least are last.

Nutrition Facts																													
Serving size	1 cup (228g)																												
Servings per container	2																												
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Amount Per Serving																													
Calories 250	Calories from Fat 110																												
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	% Daily Value*																												
Total Fat 12g	15%																												
Saturated Fat 3g	18%																												
Trans Fat 1.5g																													
Cholesterol 30mg	10%																												
Sodium 470mg	20%																												
Total Carbohydrate 31g	10%																												
Dietary Fiber 0g	0%																												
Sugars 5g																													
Protein 5g																													
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Vitamin A	4%																												
Vitamin C	2%																												
Calcium	20%																												
Iron	4%																												
<p>*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</p> <table border="1"> <thead> <tr> <th></th> <th></th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrates</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>				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 Carbohydrates		300g	375g	Dietary Fiber		25g	30g
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<p>Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4</p>																													

% Daily Value shows how a food fits into your daily diet.

% Daily Value Low is 5% or less High is 20% or more

Daily values are the amount of a nutrient in one serving of food compared to what is recommended for a 2,000 and 2,500 calorie diet.

INGREDIENTS: ENRICHED MACARONI (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN); CHEESE SAUCE MIX (WHEY, DEHYDRATED CHEESE [GRANULAR AND CHEDDAR (MILK, CHEESE CULTURE, SALT, ENZYMES)], WHEY PROTEIN CONCENTRATE, SKIM MILK, BUTTERMILK, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, YELLOW 5 [COLOR], YELLOW6, [COLOR], LACTIC ACID)