

# Read the label to eat better

**D**o you read the Nutrition Facts food labels when you shop? The Food and Drug Administration (FDA) requires these labels be placed on most food packaging so that consumers have accurate nutritional information about the food they purchase.

The Nutrition Facts food labels are easy to find on the back, side or bottom of the package. Small packages may have a condensed version of the label. Use food labels as a guide for planning healthier meals and snacks.

You can read the Nutrition Facts label to determine the amounts of nutrients — like calories, fat, sodium and fiber — in specific products. Knowing this information can help you decide whether a food or beverage fits in to your eating plan or is appropriate if you have certain health conditions, like high blood pressure or high cholesterol.

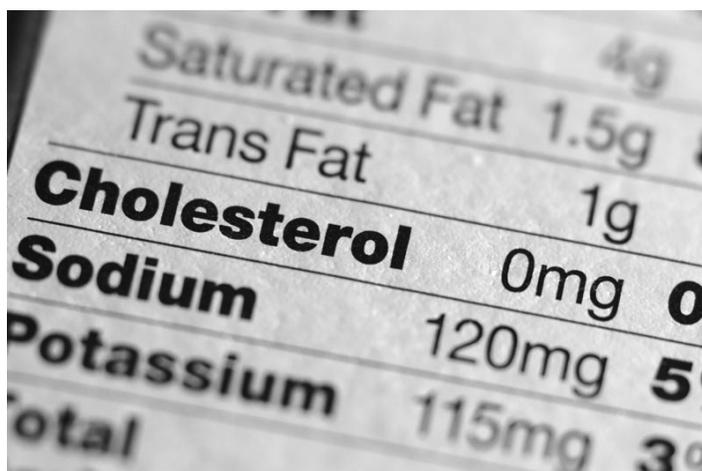
You can also compare similar products to see which one is a healthier choice. The more practice you get reading food labels, the better you can become using them as a tool to plan a healthy, balanced diet.



The Nutrition Facts label provides detailed information about the nutrient content of the product.

## What's in the label?

- The Nutrition Facts label:
  - Provides detailed information about the nutrient content of the product
  - The required information is standard, but the specific nutrients vary depending on the food product
- Ingredients
  - Listed on the label — the first ingredient makes up the largest proportion of the food
  - Labels alert you of ingredients in a product that are common allergens — like milk, eggs, nuts, wheat
- May include information on health or nutrient claims



# Macaroni and Cheese

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

This has 2 servings. Many foods have more than 1 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
<b>Amount Per Serving</b>	
Calories	250
Calories from Fat	110
	<b>% Daily Value*</b>
● 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
● 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 Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 • Carbohydrates 4 • Protein 4

% 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 1 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)