

HEY!

Healthy Excited Youth

Take Notes

Sample Label for Macaroni and Cheese

1 Start Here →

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
Total Fat 12g 18%	
Saturated Fat 3g 15%	
Trans 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%	

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

* 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