

WHAT CAN YOU LEARN FROM A FOOD LABEL?

Nutrient content claims are brief statements that tell you something about the product.

If it says...

Reduced



It contains 25% less of a component, such as fat, sugar or calories, than the regular food.

High



It contains 20% or more of the Daily Value for the named nutrient.

Good source

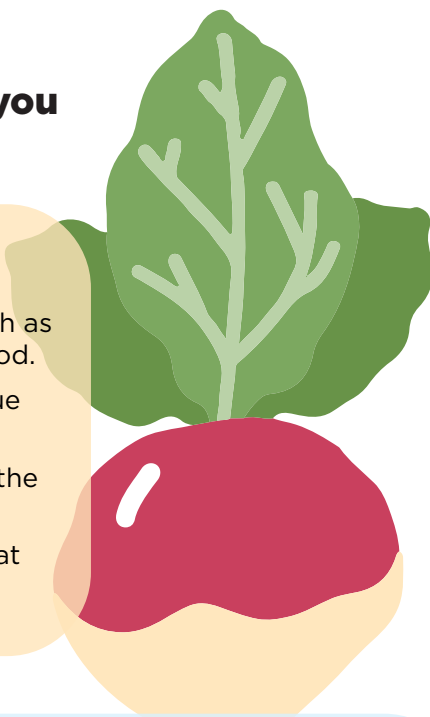


It contains 10–19% of the Daily Value for the named nutrient

Light



Contains 1/3 fewer calories or 50% less fat than the traditional version



Nutrients to get less of: Saturated fat, sodium, added sugars

- Saturated fat should be limited to less than 10% of calories for everyone over the age of 2. For the average adult, this amounts to fewer than 22 grams per day.
- Added sugars should make up less than 10% of total calories. For the average adult, this amounts to fewer than 200 calories or 50 grams of sugar. One can of soda has around 40 grams.
- Sodium should be limited to fewer than 2,300 milligrams per day for everyone over the age of 14.

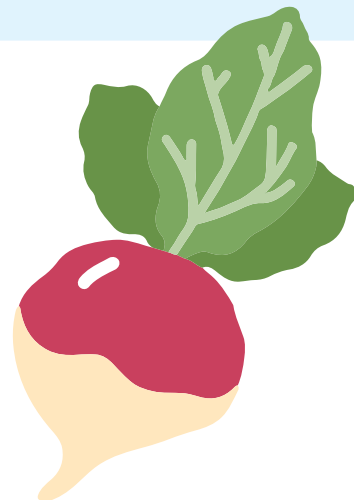
For fiber, the Institute of Medicine recommends:

Women up to age 50:
25 grams per day

Women ages 51 and older:
21 grams per day

Men up to age 50:
38 grams per day

Men ages 51 and older:
30 grams per day



Serving Information

Nutrition information is for the amount listed as one serving. If you eat two servings of this food, all the information below should be doubled.

Quick Guide to percent Daily Value (%DV)

- Tells the percentage each nutrient contributes toward the daily need for an average adult.
- If the % Daily Value is 5% or less, it is low in that nutrient.
- If the % Daily Value is 20% or more, it is high in that nutrient.

Nutrients

These four nutrients are required to be listed because many people don't get enough. Make it a goal to get 100% Daily Value of these nutrients and dietary fiber.

Nutrients to get more of:
Fiber, vitamin D, calcium, iron and potassium

All ingredients must be listed in order by weight. The ingredient that weighs the most is listed first.

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid); cheese sauce mix (whey, milkfat, milk protein concentrate, salt, calcium carbonate, sodium tripolyphosphate, citric acid, sodium phosphate, lactic acid, milk, yellow 5, yellow 6, enzymes, cheese culture).