

# WHAT CAN YOU LEARN FROM A FOOD LABEL?

## Use food labels to make healthy food choices for your family.

- Information on labels can help you choose products high in nutrients that promote good health and may protect you from disease.
- Use labels to find products that match your nutrition goals.
- Compare product labels to decide which is the healthiest choice for your family.
- Use the label to alert you about the presence of common allergens.

## 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.

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*
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 850mg	37%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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).

## 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.

## The following allergens are required to be listed:

- Milk
- Eggs
- Fish
- Tree nuts
- Sesame
- Peanuts
- Wheat
- Crustacean shellfish
- Soybeans

(While gluten can be listed, it is not required.)

