




## Building Strong Families

### Label Reading for Better Eating

# Macaroni and Cheese



### Nutrition Facts

Serving Size 3/4 cup (170 g)  
Servings Per Container 4

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Amount Per Serving (as prepared)

**Calories 290**      **Calories from Fat 120**

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	% Daily Value*
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 530mg	22%
<b>Total Carbohydrate 34g</b>	<b>12%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein 9g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 10%

\* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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, SODIUM PHOSPHATE, CITRIC ACID, YELLOW 5 [COLOR], LACTIC ACID)

**Serving sizes are in common household measurements.**

**Nutrients listed are important to the health of today's consumer.**

**Ingredients are listed in descending order – main ingredient is listed first, smallest ingredient is listed last.**

**% Daily Value shows how a food fits into the overall daily diet.**

**These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.**

**These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.**

**Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day.**

**Daily Values are also listed for persons eating 2,500 calories per day.**



## Building Strong Families

### Comparing the Labels

Labels from two cereal boxes:

#### Cereal A

<b>Nutrition Facts</b>	
Serving Size 1 cup (25g)	
Servings Per Container 10	
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Amount Per Serving	
<b>Calories 97</b>	<b>Calories from Fat 16</b>
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	<b>% Daily Value*</b>
<b>Total Fat 2 g</b>	<b>3%</b>
<b>Saturated Fat 1g</b>	<b>5%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 231mg</b>	<b>10%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 5g</b>	
<b>Protein 4g</b>	
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<b>Vitamin A 22%</b>	<b>Vitamin C 22 %</b>
<b>Calcium 4%</b>	<b>Iron 22 %</b>
<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>	
<p>INGREDIENTS: WHOLE OAT FLOUR (INCLUDES THE OAT BRAN), WHEAT STARCH, SUGAR, SALT, CALCIUM CARBONATE (PROVIDES CALCIUM), TRISODIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE), IRON (A MINERAL NUTRIENT), A B VITAMIN (NIACIN), VITAMIN A (PALMITATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID) AND VITAMIN D.</p>	

#### Cereal B

<b>Nutrition Facts</b>	
Serving Size 1 cup (32g)	
Servings Per Container 10	
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Amount Per Serving	
<b>Calories 125</b>	<b>Calories from Fat 9</b>
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	<b>% Daily Value*</b>
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 227mg</b>	<b>9%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 14g</b>	
<b>Protein 3g</b>	
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<b>Vitamin A 28%</b>	<b>Vitamin C 28 %</b>
<b>Calcium 4%</b>	<b>Iron 28 %</b>
<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>	
<p>INGREDIENTS: SUGAR, CORN FLOUR, MARSHMALLOWS (SUGAR, CORN SYRUP, DEXTROSE, MODIFIED FOOD STARCH, GELATIN, ARTIFICIAL AND NATURAL FLAVOR, ARTIFICIAL COLOR), OAT FLOUR, WHEAT FLOUR, HYDROGENATED COCONUT AND PALM KERNEL OIL, SALT, NATURAL AND ARTIFICIAL FLAVOR (WITH BHA ADDED TO PRESERVE FRESHNESS) AND ARTIFICIAL COLOR (INCLUDING YELLOW 5). BHT IS ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.</p>	

Main Ingredient:  
 Cereal A \_\_\_\_\_  
 Cereal B \_\_\_\_\_  
 Cereal with most iron: \_\_\_\_\_