

# 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**

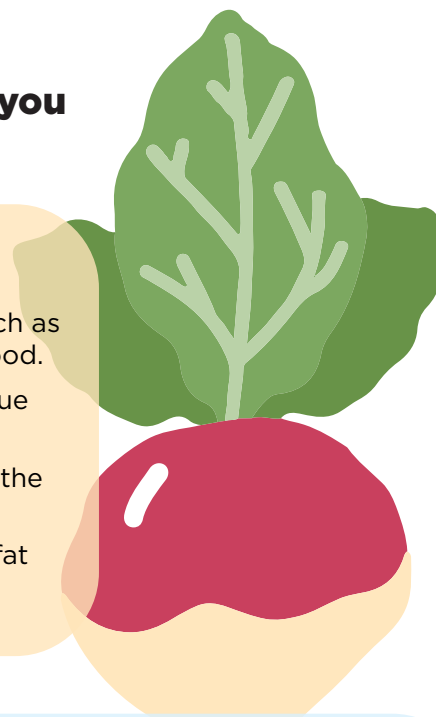


It contains 10-19% of the Daily Value for the named nutrient

**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 two. For the average adult this amounts to less than 22 grams per day.
- Added sugars should make up less than 10% of total calories. For the average adult this amounts to less than 200 calories or 50 grams of sugar. One can of soda has around 40 grams.
- Sodium should be limited to less 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*
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> 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 our, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], ribo avin [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).