

Sample label for  
Macaroni & Cheese

# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

1 **Start Here** →

**Amount Per Serving**

2 **Check Calories**

**Calories** 250      Calories from Fat 110

3 **Limit these  
Nutrients**

	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%

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**Quick Guide  
to % DV**

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4 **Get Enough  
of these  
Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

• 5% or less  
is Low

• 20% or more  
is High

5 **Footnote**

\* 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