

EATING SMART AT HOME



Shop for Value, Check the Facts

Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*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 60
Sat Fat	Less than 20g 25
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- 1. Start here.** In this label, one serving equals one cup. If you ate the whole package you would eat two cups. That would double the calories and other nutrients.
- 2. Check calories.** This part of the Nutrition Facts tells us how many calories are in one serving of this food and how many of those calories are from fat.
- 3. Limit these nutrients.** Eating too much fat, cholesterol, or sodium may increase your risk of certain chronic diseases.
- 4. Get enough of these nutrients.** Eating enough of these nutrients can improve your overall health.
- 5. Quick guide to % DV.** If the Daily Value is 5% or less that means this food is **low** in that nutrient. If the value is 20% or more then the food is a **high** source of that nutrient.
- 6. Footnote.** This guide shows recommendations for a 2,000 calorie diet and a 2,500 calorie diet. This guide or footnote will always be the same. It doesn't change from product to product, because it shows recommended dietary advice for all Americans—it is not about a specific food product.