

Understanding a nutrition label will help you to make quick, informed food choices that contribute to a healthy diet.

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Sample label for
Macaroni & Cheese

Start Here
→
Serving Size

Check Calories →

Limit these nutrients

Get enough of these Nutrients

Daily recommendations based on a 2000 & 2,500 calorie diet.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> 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	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

Quick Guide to % daily value based on a 2000 calorie diet

5% or less is low source

20% or more is a high source.

Sugars: No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day.

Protein: A %DV is required to be listed if a claim is made for protein, such as "high in protein". Current scientific evidence indicates that protein intake is not a public health concern for adults and children over 4 years of age

A general guide to calories based on a 2000 calorie diet

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories is high.

Daily recommendations based on 2000 calorie diet. Daily values may be higher or lower depending on your calorie needs.

Nutrient	Daily Value	% Daily Value	Goal
Total Fat	65gm	= 100%	Less than
Saturated fat	20gm	= 100%	Less than
Cholesterol	300mg	= 100%	Less than
Sodium	2,400mg	= 100%	Less than
Total carbohydrates	300gm	= 100%	At least
Dietary Fiber	25gm	= 100%	At least

You can't manage what you don't measure!

