

What's on a Label?

Food labels can help you make healthy food choices. Use the **Nutrition Facts** label for Macaroni and Cheese to learn more about the foods you are buying and eating.

SERVING SIZES are given in both household and metric measurements.

The list of **NUTRIENTS** covers the ones most important to you.

Some labels give the number of **CALORIES PER GRAM** of fat, carbohydrate, and protein.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 5g			25%
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

CALORIES FROM FAT are shown on the label to help you meet dietary guidelines that recommend people get no more than 30 percent of their calories from fat.

% DAILY VALUE tells whether a food contributes a lot or a little of a nutrient. A higher number means the food has more of the nutrient. A lower number means it has less of the nutrient. As a guide, foods with a 5% Daily Value or less have a small amount of that nutrient while those with a 20% Daily Value or more have a large amount.



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Make a Smart Choice

Use the **NUTRITION FACTS** label to compare products - and choose the one that is healthier for you and your family.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 34g	11%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 2%

A

USE THE % DAILY VALUES TO COMPARE PRODUCTS

In general, try to choose foods with :

- higher % Daily Values for Vitamins A & C and minerals (iron and calcium)
- higher % Daily Values for fiber
- lower % Daily Values for total fat, saturated fat and cholesterol
- lower % Daily Values for sodium

Let's compare two product labels, A & B.

1. READ EACH LABEL, look for the % Daily Values for:

- total fat
- saturated fat
- cholesterol
- sodium
- fiber
- Vitamins A & C
- minerals (iron & calcium)

2. ANSWER THESE QUESTIONS

Which product is:

- lower in % Daily Value for total fat?
- lower in saturated fat and cholesterol?
- lower in % Daily Value for sodium?
- higher in % Daily Value for fiber?
- higher in % Daily Value for Vitamins A & C?
- higher in % Daily Value for iron & calcium?

3. HOW DO THESE PRODUCTS COMPARE?

In general:

Product A is lower in fat, cholesterol and sodium.
Product B is higher in calcium. Both products provide no fiber and very little or no vitamins A, C or iron.

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%
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%

B

4. SO WHICH PRODUCT WOULD YOU CHOOSE?

It depends on your dietary needs.

If you want to cut down on fat, you might choose product A. If you needed a good source of calcium, you might choose product B. Or, you may want to compare other products before deciding.