

BlueReview

How to Read the Food Label

Sample label for Macaroni & Cheese				
Nutrition Facts				
1. Start Here – Pay attention to the serving size. How many are in the food package? Do you plan on eating one....or more?	Serving Size 1 cup (228g)			
	Servings Per Container 2			
2. Check Calories – This can help you manage your weight. But remember, calories increase if you eat more than one serving.	Amount Per Serving			
	Calories 250	Calories from Fat 110		
3. Limit These Nutrients – Health experts recommend you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.	% Daily Value*			
	Total Fat 12g	18%		
	Saturated Fat 3g	15%		
	Trans Fat 3g			
	Cholesterol 30mg	10%		
	Sodium 470mg	20%		
4. Get Enough of These – Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.	Total Carbohydrate 31g	10%		
	Dietary Fiber 0g	0%		
	Sugars 5g			
	Protein 5g			
	Vitamin A	4%		
	Vitamin C	2%		
	Calcium	20%		
	Iron	4%		
5. Footnote – This footnote shows the recommended dietary advice for all Americans and stays the same from product to product. The Daily Values for each nutrient listed are recommended levels of intake based on a 2,000 calorie diet.	*Percentage 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

6. Quick Guide to % DV
You can tell the relative value of nutrients towards daily goals by checking these numbers. Five percent or less is low. Twenty percent or more is high.