



## Understanding the Food Label

Sample Label for  
Macaroni and Cheese

- 1  
**Start Here**
- 2
- 3  
**Limit these Nutrients**
- 4  
**Get Enough of the Nutrients**
- 5
- 6  
**Footnote**

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%	
Trans Fat 3g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Potassium 700mg		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

5  
**Quick Guide to % DV**

5% or less  
is low  
20% or more  
is high

INGREDIENTS: Water, enriched macaroni (enriched flour [niacin, ferrous sulfate, (iron), thiamine mononitrate and riboflavin], egg white), flour, cheddar cheese (milk, cheese culture, salt, enzyme), spices, margarine (partially hydrogenated soybean oil, water, soy lecithin, mono- and diglycerides, beta carotene for color, vitamin A palmitate, and maltodextrin.

# Label Lingo



## Free

Contains no amount of, or only trivial amounts of a nutrient. Example, “fat free,” “calorie free,” “sodium free.”

## Low

40 calories or less/serving of calories; 3 grams or less/serving of fat; 1 gram or less/serving of saturated fat; 20 mg or less/serving of cholesterol; 140 mg or less/serving of sodium.

## Reduced

A food with at least 25 percent less of a nutrient or calories than the reference food. Also can use “lower” or “fewer” for calories.

## High

Contains 20 percent or more of the Daily Value (DV) for nutrient per reference serving.

## Good Source

Contains 10 to 19 percent of the Daily Value for a nutrient.



The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service and the University of Georgia College of Agricultural and Environmental Sciences offer educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

**An Equal Opportunity Employer/Affirmative Action Organization  
Committed to a Diverse Work Force**

---

**Bulletin # FNDSE 8911**

**Revised November 2006**

---

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.

J. Scott Angle, Dean and Director