

WHAT CAN YOU LEARN FROM A FOOD LABEL?

Use food labels to make healthy food choices for your family

- Information on labels can help you choose products high in nutrients that promote good health and may protect you from disease.
- Use labels to find products that match your nutrition goals.
- Compare product labels to decide which is the healthiest choice for your family.
- Use the label to alert you of the presence of common allergens.

Nutrients

These four nutrients are required to be listed because many people don't get enough. Make it a goal to get 100% Daily Value of these nutrients and dietary fiber.

All ingredients must be listed in order by weight. The ingredient that weighs the most is listed first.

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched macaroni product (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid); cheese sauce mix (whey, milkfat, milk protein concentrate, salt, calcium carbonate, sodium tripolyphosphate, citric acid, sodium phosphate, lactic acid, milk, yellow 5, yellow 6, enzymes, cheese culture).

Serving Information

Nutrition information is for the amount listed as one serving. If you eat two servings of this food, all the information below should be doubled.

Quick Guide to percent Daily Value (%DV)

- Tells the percentage each nutrient contributes toward the daily need for an average adult.
- If the % Daily Value is 5% or less, it is low in that nutrient.
- If the % Daily Value is 20% or more, it is high in that nutrient.

The following allergens are required to be listed:

- Milk
- Eggs
- Fish
- Tree nuts
- Sesame
- Peanuts
- Wheat
- Crustacean shellfish
- Soybeans

(While gluten can be listed, it is not required)

Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.

MU Extension
University of Missouri

an equal opportunity/ADA institution