

Serving sizes are standardized to reflect the amounts of foods people actually eat. They are also expressed in common household and metric measures. (You should note whether you are consuming more than one serving.)

With only 5g of saturated fat, and 1.5 g of trans fat, where is the rest of the 13 total grams of fat? It could be unsaturated fats which are not currently required on a label.

This mandatory list of nutrients includes those most important to today's consumers. In the past, the concern was vitamin and mineral deficiencies. Now the worries pertain to fat, cholesterol, sodium, types of carbohydrates, and protein amounts.

This means that in a 2,000 calorie diet 65 grams is equal to 30 percent fat.

This information can help you calculate what percentage of calories of this food comes from fat, carbohydrates, and protein.

#### CHECK YOURSELF:

What % of calories of this food comes from fat? carbohydrates? protein?

FAT: 13 grams X 9 cal/gram = 117 fat calories.  $117/261 = .45$   
This macaroni and cheese is 45% fat.

CARBOHYDRATES:  
31 grams X 4 cal/gram = 124 carbohydrate calories.  
 $124/261 = .47$ . This macaroni and cheese is 47% carbohydrate.

PROTEIN: 5 grams X 4 cal/gram = 20 protein calories.  $20/261 = .08$   
This macaroni and cheese is 8% protein.

## MACARONI AND CHEESE Nutrition Facts

Serving Size 1/2 cup (114g)  
Servings Per Container 4

### Amount Per Serving

Calories 261      Calories from Fat 117

% Daily Value\*

Total Fat 13g      20%

Saturated Fat 5g      25%

Trans Fat 1.5g      10%

Cholesterol 30mg      10%

Sodium 660mg      28%

Total Carbohydrate 31g      11%

Sugar 5g      \*\*

Dietary Fiber 1g      4%

Protein 5g      \*\*

Vitamin A 4% • Vitamin C 2% • Calcium 15%  
• Iron 4%

\* Percents (%) of a Daily Value are based on a 2,000 calorie diet. Your Daily Values may vary 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
Fiber		25g	30g

1g Fat = 9 calories  
1g Carbohydrates = 4 calories  
1g Protein = 4 calories

\*\* No daily values have been determined for sugars and protein intake.

Ingredients: Enriched wheat flour (contains niacin, reduced iron, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, folic acid), cheddar cheese cultures, partially hydrogenated soybean and/or cottonseed oil, non-fat milk, salt, corn syrup, monosodium glutamate, citric acid, natural and artificial flavors, yellow 5 and 6.

% Daily Value shows how a food fits into the overall daily diet. For each item, it shows the percentage or recommended daily consumption for a person eating 2,000 calories a day (e.g., 5 grams of saturated fat is 25 percent of the recommended daily value of 20 grams).

No Daily Value for trans fats has been established. If a product lists 0 grams trans fat, it could still contain up to 0.5 grams per serving (but still be advertised as "trans free").

Percentage of daily requirements for selected vitamins and minerals

Recommended daily amounts of each item for two average diets. (If you eat fewer than 2,000 calories, you will have to adjust the Daily Values.)

Based on 10 percent consumption

Based on 60 percent consumption

Voluntary components that will be allowed on labels are calories from saturated fat, polyunsaturated fat, monounsaturated fat, potassium, soluble and insoluble fiber, sugar, alcohol, other carbohydrates, and other essential vitamins and minerals.

Ingredients are listed in descending order by weight. The ingredient in the largest quantity is always listed first.