

HOW TO READ A FOOD LABEL

① Start Here →

② Check Calories

③ Limit These Nutrients

④ Get Enough of These Nutrients

⑥ Footnote

⑦ Ingredients

⑧ Allergen Warning

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%**

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 diet of other people's secretaries. 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

Enriched Macaroni Product (Durum Wheat Flour, Wheat Flour, Niacin, Ferrous Sulfate [Iron], Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Cheese Sauce Mix (Whey, Milkfat, Milk Protein Concentrate, Salt, Sodium Triphosphate, Contains Less than 2% Citric Acid, Lactic Acid, Sodium Phosphate, Calcium Phosphate, Milk, Yellow 5, Yellow 6, Enzymes, Cheese Culture).

Contains wheat and milk.

⑤ Percent Daily Value (%DV)

Scott Olsen/Getty Images

Check for your food allergy here

7. Ingredients

Food labels must also include the ingredients that are in the food. The ingredients are listed according to how much of the ingredient is in the food. So for example, if the first item on the ingredient list is "water", then there is more water used in the item than any other ingredient.

8. Allergen Warning

Beginning in 2006, food makers were required to clearly state on labels any of the FDA's standardized allergens that were contained in their products. These standardized allergens include: milk, eggs, peanuts, wheat, soy, fish, shellfish, and tree nuts. In some cases, it's easy to identify what's safe to eat by checking the listed ingredients on a label. However, some ingredients that may trigger an allergic reaction may be listed under an unfamiliar name such as, "arachis oil" which is another term for peanut oil. Ask your doctor to supply you with a complete list of ingredients to avoid for your specific allergy.