

Jr. Chef Club Convenience Foods Lesson 8

Nutrition Facts Panel Poster:

Sample Label for
Macaroni and Cheese

Start Here

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

Limit these Nutrients

		% Daily Value*
Total Fat	12g	24%
Saturated Fat	3g	6%
Trans Fat	1.5g	3%
Cholesterol	30mg	6%
Sodium	470mg	10%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	

Get Enough of these Nutrients

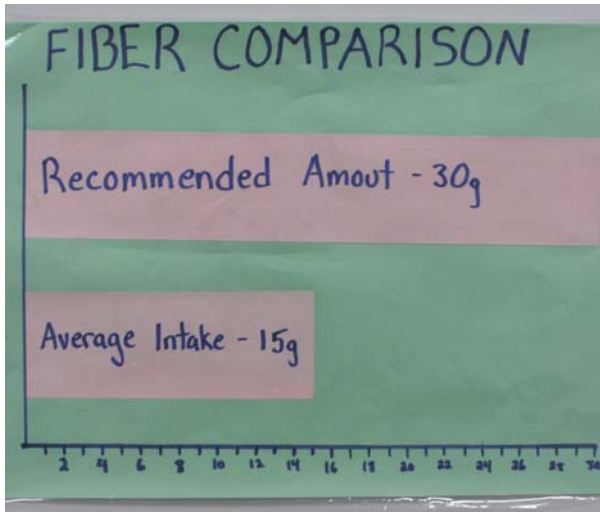
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

Quick Guide to % DV
5% or less is low
20% or more is high

Footnote
* Percent Daily Values are based on a diet of other people's secrets.
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 30g	35g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Fiber Recommendation Poster:



Example Picture of a Boy:

