

# Sample Label for Macaroni and Cheese

**Start Here** →

**Check Calories**

**Limit these Nutrients**

**Get Enough of these Nutrients**

**Footnote**

## Nutrition Facts

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

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**Amount Per Serving**

**Calories** 250      Calories from Fat 110

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	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
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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

**Quick Guide to % DV**

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- 5% or less is Low
- 20% or more is High

Source: FDA

**USDA safe food storage guidelines:**

**Refrigerator Home Storage (at 40 °F or below) of Fresh or Uncooked Products**

If product has a "use-by" date, follow that date.  
If product has a "sell-by" date or no date, cook or freeze the product by the times on the following chart.

Storage of Fresh or Uncooked Products	
Product	Storage Times After Purchase
Poultry	1 or 2 days
Beef, Veal, Pork and Lamb	3 to 5 days
Ground Meat and Ground Poultry	1 or 2 days
Fresh Variety Meats (Liver, Tongue, Brain, Kidneys, Heart, Chitterlings)	1 or 2 days
Cured Ham, Cook-Before-Eating	5 to 7 days
Sausage from Pork, Beef or Turkey, Uncooked	1 or 2 days
Eggs	3 to 5 weeks

**Refrigerator Home Storage (at 40 °F or below) of Processed Products Sealed at Plant**

If product has a "use-by" date, follow that date.  
If product has a "sell-by" or no date, cook or freeze the product by the times on the following chart.

Storage of Processed Products Sealed at Plant		
Processed Product	Unopened, After Purchase	After Opening
Cooked Poultry	3 to 4 days	3 to 4 days
Cooked Sausage	3 to 4 days	3 to 4 days
Sausage, Hard/Dry, shelf-stable	6 weeks/pantry	3 weeks
Corned Beef, uncooked, in pouch with pickling juices	5 to 7 days	3 to 4 days
Vacuum-packed Dinners, Commercial Brand with USDA seal	2 weeks	3 to 4 days
Bacon	2 weeks	7 days
Hot dogs	2 weeks	1 week
Luncheon meat	2 weeks	3 to 5 days
Ham, fully cooked	7 days	slices, 3 days; whole, 7 days
Ham, canned, labeled "keep refrigerated"	9 months	3 to 4 days
Ham, canned, shelf stable	2 years/pantry	3 to 5 days
Canned Meat and Poultry, shelf stable	2 to 5 years/pantry	3 to 4 days



## We Can! Food Comparison Chart

How can you and your family eat healthier? See below for ideas on how healthier choices can save you calories and money.

### LUNCH

Typical Fast Food Lunch	Cost*	Calories	Typical Brown Bag Lunch	Cost*	Calories
Combo Meal: 1/4 pound hamburger with cheese (with medium French fries and large soda)	\$5.39	510	Turkey sandwich on whole-wheat bread with mustard, lettuce, and tomato	\$1.09	200
Soda, large (32 ounces)	—	310	Water, small bottle (16.9 ounces)	\$0.99	0
French fries, large (super sized from medium size)	\$0.40	570	Apple, medium	\$0.46	70
Chocolate chip cookies, 1 package	\$1.00	270	Graham crackers, 1 large square	\$0.28	140
			Low-fat yogurt, 1 cup	\$0.79	120
<b>Total:</b>	<b>\$6.79</b>	<b>1,660</b>		<b>\$3.61</b>	<b>530</b>

### SNACK

Typical Snack	Cost*	Calories	Healthier Snack	Cost*	Calories
Chips, 3 ounce bag	\$0.99	465	Apple, medium	\$0.46	70
Soda, regular, 21 ounces	\$1.25	250	Water, small bottle (16.9 ounces)	\$0.99	0
<b>Total:</b>	<b>\$2.24</b>	<b>715</b>		<b>\$1.45</b>	<b>70</b>

\*Costs may vary per region

For more information about **We Can!** go to <http://wecan.nhlbi.gov> or call 1-866-35-WECAN