

MAC FACTS



Head to your local Hy-Vee and find these three new Kraft Macaroni & Cheese varieties. Then use the Food Label Facts blog to help you fill in the labels below. Finally, answer the questions to compare the varieties!



**CAULIFLOWER
MAC & CHEESE**

Serving Size	_____
Calories	_____
Total Fat	_____
Saturated Fats	_____
Trans Fats	_____
Cholesterol	_____
Sodium	_____
Sugars	_____
Carbohydrates	_____
Protein	_____
Vitamins	_____
Calcium	_____
Iron	_____



**WHOLE GRAIN
MAC & CHEESE**

Serving Size	_____
Calories	_____
Total Fat	_____
Saturated Fats	_____
Trans Fats	_____
Cholesterol	_____
Sodium	_____
Sugars	_____
Carbohydrates	_____
Protein	_____
Vitamins	_____
Calcium	_____
Iron	_____



**GLUTEN-FREE
MAC & CHEESE**

Serving Size	_____
Calories	_____
Total Fat	_____
Saturated Fats	_____
Trans Fats	_____
Cholesterol	_____
Sodium	_____
Sugars	_____
Carbohydrates	_____
Protein	_____
Vitamins	_____
Calcium	_____
Iron	_____

1. Which variety has the most protein per serving?
2. Which variety has the most total fat per serving?
3. Which variety has the most carbohydrates?
4. Which variety has the most fiber per serving?
5. Which variety has the most calories per serving?
6. Which variety is your favorite?