

NAME:

DDD MA(FA(T)

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





WHOLE GRAIN MAC & CHEESE

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

Kraft macard CHe C		
gluten free	you love.	
brown rice and corn pasta	/ NO Artificial Flavors / NO Artificial	
PER 2.5 DZ (UNPREPARED)	✓ NO Artificial Preservatives ✓ NO Artificial Dyes	
250 STO SOURCE STORY TO SOURCE STORY TO SOURCE STORY THE SOURCE STORY TO SOURC	A MONTH	
original flavor		
MACARONI & CHEESE DINNER	NET WT 6 OZ (170g)	

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?