

Ramen Noodles—

1 serving (½ packet)

2 servings (1 packet)



Nutrition Facts	
Serving Size 1/2 packet, 1/2 seasoning mix (43g)	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 880mg	37%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size If you eat the whole packet	
Servings Per Container 1	
Amount Per Serving	
Calories 370	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	30%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 1730mg	72%
Total Carbohydrate 54g	18%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%
*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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ramen noodles are fried in palm oil—that is part of how they come to be shaped in a brick. The seasoning mix is very high in sodium. Eating a whole packet adds a lot of fat, saturated fat, and sodium to your diet—without adding many vitamins.



If you cook Ramen with vegetables, you add vitamins and minerals, and make the ramen better for you (even if it is still high in saturated fat and sodium).

The nutrition information to the right shows ramen cooked with 1/4 cup grated carrots, 1/3 cup frozen peas, and 1/2 cup chopped broccoli.

Ramen With Vegetables—

1 serving (½ packet)

2 servings (1 packet)

Nutrition Facts	
Serving Size 1/2 packet, cooked with vegetables	
Servings Per Container 2	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	37%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 6g	
Vitamin A 50%	Vitamin C 15%
Calcium 2%	Iron 10%
*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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 packet, cooked with vegetables	
Servings Per Container 1	
Amount Per Serving	
Calories 430	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1760mg	73%
Total Carbohydrate 65g	22%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 12g	
Vitamin A 100%	Vitamin C 35%
Calcium 4%	Iron 20%
*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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

