

## COMPARE THE FOOD LABEL

What is the serving size?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

How many calories are in each product?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

How much fat is in each product?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

How much sodium is in each product?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

How much sugar is in each product?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

How much fiber is in each product?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

How much protein is in each product?

Product A: \_\_\_\_\_ Product B: \_\_\_\_\_

Which product would you choose? Why?

\_\_\_\_\_

\_\_\_\_\_

**A**

Nutrition Facts Valeur nutritive	
Per 1 cup (55 g) pour 1 tasse (55 g)	
<b>Calories 200</b>	<small>% Daily Value* % valeur quotidienne</small>
Fat / Lipides 1 g	2%
Saturated / saturés 0.2g	1%
+ Trans / trans 0g	
Carbohydrate / Glucides 45g	
Fibre / Fibres 6g	24%
Sugars / Sucres 9g	0%
Protein / Protéines 6g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	8%
Potassium 0mg	0%
Calcium 0mg	2%
Iron 0mg	50%

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**B**

Nutrition Facts Valeur nutritive	
Per pour ¼ tasse (29g)	
<b>Calories 110</b>	<small>% Daily Value* % valeur quotidienne</small>
Fat / Lipides 1.5 g	2%
Saturated / saturés	2%
+ Trans / trans 0g	
Carbohydrate / Glucides 23g	
Fibre / Fibres 0g	8%
Sugars / Sucres 9g	0%
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7%
Potassium 0mg	0%
Calcium 0mg	10%
Iron 0mg	30%

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