

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	
1 serving per container	
Serving Size	1 cup (55 g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 45g	9%
Dietary Fibre 6g	24%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

B

Nutrition Facts	
1 serving per container	
Serving Size	¾ cup (29g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	8%
Total Carbohydrate 23g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	18%
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.