

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)			
Calories	200	% Daily Value*	% valeur quotidienne*
Fat / Lipides	1 g	2%	
Saturated / saturés	0.2 g	1%	
+ Trans / trans 0 g			
Carbohydrate / Glucides	45 g		
Fibre / Fibres	6 g	24%	
Sugars / Sucres	9 g	0%	
Protein / Protéines 6 g			
Cholesterol / Cholestérol 0 mg			
Sodium	200 mg	8%	
Potassium	0 mg	0%	
Calcium	0 mg	2%	
Iron	0 mg	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 (29 g)			
Calories	110	% Daily Value*	% valeur quotidienne*
Fat / Lipides	1.5 g	2%	
Saturated / saturés		2%	
+ Trans / trans 0 g			
Carbohydrate / Glucides	23 g		
Fibre / Fibres	0 g	8%	
Sugars / Sucres	9 g	0%	
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium	160 mg	7%	
Potassium	0 mg	0%	
Calcium	0 mg	10%	
Iron	0 mg	30%	

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