

Where's the Salt?

Comparison of Food Labels

Student Name: _____

Date: _____

<i>Nutritional Information</i>	Product #1 Name	Product #2 Name	Product #3 Name
Serving Size			
Servings per Container			
Calories			
Fat Calories			
Total Fat			
Sat. Fat			
Cholesterol			
Sodium			
Total Carb			
Sugar			
Protein			

- *Which product has the most sodium per serving?*

- *Which of the three products you investigated would you be most likely to eat?*

- *Why would you choose this product?*

