

## Where's the Salt?

*Comparison of Food Labels*

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

<i>Nutritional Information</i>	<b>Product #1 Name</b>	<b>Product #2 Name</b>	<b>Product #3 Name</b>
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?*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_