

Name _____

Date _____

Reading Food Labels

Use the worksheet below to compare the nutritional information of two foods!

Food 1 _____	
Serving Size _____	2/3 cup
Servings Per Container _____	55 g
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Calories	230
Sugars	1 grams
Total Fat	8 grams
Protein	3 grams
Dietary Fiber	4 grams
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Vitamins and/or Minerals (most to least):	
_____ 10, % Daily Value	Vitamin A
_____ 80, % Daily Value	Vitamin C
_____ 20, % Daily Value	Calcium
_____ 45, % Daily Value	Iron
_____ , % Daily Value	

Food 2 _____	
Serving Size _____	1/2 cup
Servings Per Container _____	208 g
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Calories	240
Sugars	4 grams
Total Fat	4 grams
Protein	11 grams
Dietary Fiber	7 grams
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Vitamins and/or Minerals (most to least):	
_____ 10, % Daily Value	Vitamin D
_____ 20, % Daily Value	Calcium
_____ 35, % Daily Value	Iron
_____ 6, % Daily Value	Potassium
_____ , % Daily Value	

1. Which food has more calories?

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2. Which has more sugar?

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3. Which has more fat?

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4. Which has more protein?

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5. Which has more fiber?

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6. Which is the healthier choice?

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