



Personal Health Series Food Labels

Name: Date:

A Tale of Two Foods

Instructions: Use the worksheet below to compare the nutritional information of two foods.

Serving Size Servings Per Container Calories Total Fat	grams
Calories	
T	grams
Total Fat	grams
Dietary Fiber	grams
Sugars	grams
Protein	grams
Vitamins and/or Minerals (most to least):	

	Container	
Oct villigs i el C		
Calories		
Total Fat		grams
Dietary Fiber		grams
Sugars		grams
Protein	r Minerals (most to leas	grams
Protein Vitamins and/o	r Minerals (most to least	grams
Protein Vitamins and/o	, % Daily Value , % Daily Value	grams
Protein Vitamins and/o	, % Daily Value, % Daily Value, % Daily Value, % Daily Value	grams
Vitamins and/o	, % Daily Value , % Daily Value	grams
Protein Vitamins and/o	, % Daily Value, % Daily Value, % Daily Value, % Daily Value, % Daily Value	grams
Protein Vitamins and/o	, % Daily Value, % Daily Value	grams

1.	Which food has more calories?
	Which has more sugar?
	Which has more fat?
	Which has more protein?
	Which has more fiber?
	Which is the healthier choice?