

# Read the Label

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

Per: \_\_\_\_\_

Score: \_\_\_\_/4

Grocery shelves are stocked with thousands of items, which do you choose? A good place to start is with food labels. Use the chart below to compare two food products. On the back of this page, tell which product you would choose as the healthiest? Be sure to give reasons for your choice.

		Product A		Product B	
1. Describe each product (include brand names and seller claims)					
2. Which ingredient does each product have the most of?					
3. What is the second greatest ingredient?					
4. Which ingredient does each product have the least of?					
5. List 2 ingredients that are one label but not the other.					
6. How many calories would a serving of this food provide?					
7. What is the serving size?					
8. How many servings are in the container?					
9. List the content for each of the following nutrients provided on the label.		Weight	% Daily Value	Weight	% Daily Value
Limit	Fat				
These	Saturated Fat				
	Trans Fat				
	Cholesterol				
	Sodium				
	Protein				
	Sugars				
	Carbohydrate				
Get Enough	Dietary Fiber				
Of These	Vitamin A				
	Vitamin C				
	Others...				

