

What's INSIDE the package?

Looking at a food label can help you make better decisions about what to purchase. Pick two similar items out of the pile and write down the information on the blank labels. Compare the Nutrition Facts and decide which would be the better purchase.

NUTRITION FACTS

Serving Size _____

Serving Per Container ____

Amount Per Serving

CALORIES Calories From Fat

%Daily Value

TOTAL FAT __g __%

Saturated Fat __g __%

CHOLESTEROL __mg __%

SODIUM __mg __%

TOTAL CARBS __g __%

Dietary Fiber __g __%

Sugars __g

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