**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.

**Food 1 Food 2**

Serving Size

Servings Per Container

Serving Size

Servings Per Container

**Calories Total Fat Dietary Fiber Sugars**

**Protein**

grams grams grams grams

**Calories Total Fat Dietary Fiber Sugars**

**Protein**

grams grams grams grams

**Vitamins and/or Minerals (most to least):**

, % Daily Value

, % Daily Value

, % Daily Value

, % Daily Value

, % Daily Value

**First 3 Ingredients:**

**1.**

**2.**

**3.**

**Vitamins and/or Minerals (most to least):**

, % Daily Value

, % Daily Value

, % Daily Value

, % Daily Value

, % Daily Value

**First 3 Ingredients:**

**1.**

**2.**

**3.**

1. Which food has more calories?

2. Which has more sugar?

3. Which has more fat?

4. Which has more protein?

5. Which has more fiber?

6. Which is the healthier choice?

 