



Name: _____

Date: _____

A Tale of Two Foods

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

Food 1 _____

Serving Size _____

Servings Per Container _____

Calories

Sugars _____ grams

Total Fat _____ grams

Protein _____ grams

Dietary Fiber _____ grams

Vitamins and/or Minerals (most to least):

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients:

1. _____

2. _____

3. _____

Food 2 _____

Serving Size _____

Servings Per Container _____

Calories

Sugars _____ grams

Total Fat _____ grams

Protein _____ grams

Dietary Fiber _____ grams

Vitamins and/or Minerals (most to least):

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients:

1. _____

2. _____

3. _____

- 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? _____