

## Nutrition Label Reading Activity

Use this sheet to compare the nutrition facts labels of two similar products and then answer the questions below.

<b>Per Serving</b>	<b>Product Name:</b>	<b>Product Name:</b>
Serving Size		
Servings per Container		
Total Carbohydrates (grams)		
Fiber (grams)		
Calories		
Saturated Fat (grams)		
Nutrients over 20%		

1. Which food group do these items fall into?
2. For your health, which product would be a better choice?
3. Why is the product you chose a better choice?