



Nutrition Label Comparison Printable



Grab at least two nutrition labels from your pantry or refrigerator. (Check [this page from the FDA for nutrition information](#) for raw fruits and vegetables.) Fill out the following chart to learn about different components of a nutrition label.

Put your food names here →		
1. What food group is this food in?		
2. What is the serving size for this food?		
3. Is the serving size realistic? (Is this how much you would normally eat or drink?)		
4. How many total calories are in one serving?		
5. How many total grams of fat are in one serving?		
6. How many grams of carbohydrates are in one serving?		
7. How many grams of protein are in one serving?		
8. Name two <u>vitamins</u> and the percentage of the “daily recommended needs” one serving of this food gives you of that <u>vitamin</u> .	Vitamin _____ -- ___ % Vitamin _____ -- ___ %	Vitamin _____ -- ___ % Vitamin _____ -- ___ %
9. Name two <u>minerals</u> and the percentage of the “daily recommended needs” one serving of this food gives you of that <u>mineral</u> .	1 st Mineral: _____ -- ___ % 2 nd Mineral: _____ -- ___ %	1 st Mineral: _____ -- ___ % 2 nd Mineral: _____ -- ___ %

Exploration Questions:

1. If there are 4 calories for gram of carbohydrate, how many of the total calories come from carbohydrates? (___ grams of carbohydrates x 4 calories per gram = ___ calories from carbohydrates) These calories are energy for your body!

2. Which of these three nutrients does your body use **first** for energy?
(Circle one)

Carbohydrates

Fats

Proteins

3. How should you store this food to keep it from spoiling quickly?
(Circle one)

In the refrigerator

In the Freezer

In the pantry

*Bonus: Is this food an “eat often,” “eat sometimes,” or “eat rarely” food?

Which of your two foods seems to be the healthier food?
