



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

Total Fat _____ grams

Dietary Fiber _____ grams

Sugars _____ grams

Protein _____ 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

Total Fat _____ grams

Dietary Fiber _____ grams

Sugars _____ grams

Protein _____ grams

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? _____