

Compare Food Labels

- **Look at your first product.** What is it? _____

Does it look healthy? _____

Why or why not? _____

What are the first two ingredients? _____

What is the serving size? _____

- **Look at your second product.** What is it? _____

Does it look healthy? _____

Why or why not? _____

What are the first two ingredients? _____

What is the serving size? _____

- **Look at your third product.** What is it? _____

Does it look healthy? _____

Why or why not? _____

What are the first two ingredients? _____

What is the serving size? _____

Calories			
Fat			
Cholesterol			
Sodium			
Carbohydrates			
Dietary Fiber			
Sugars			
Protein			
Vitamins			

Is one product healthier? _____

Which product? _____

Why? _____

