

## EconEdLink: READ THE LABEL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grocery shelves are stocked with thousands of items, which do you choose? A good place to start is with food labels. Use the chart below to compare two food products. On the back of this page, tell which product you would choose as the healthiest? Be sure to give reasons for your choice.

	Product A	Product B		
<b>Describe each product</b> (include brand names and seller claims)				
1. Which ingredient does each product have the most of?				
2. What is the second greatest ingredient?				
3. Which ingredient does each product have the least of?				
4. Are there any ingredients listed on one label but not the other?				
<b>Nutrition Information Per Serving</b>				
5. What is the serving size?				
6. How many servings are in the container?				
7. How many calories would a serving of this food provide?				
8. List the content for each of the following nutrients provided on the label.	<b>Weight</b>	<b>% Daily Value</b>	<b>Weight</b>	<b>% Daily Value</b>
<b>These Limit</b>	<i>Fat</i>			
	<i>Saturated Fat</i>			
	<i>Trans Fat</i>			
	<i>Cholesterol</i>			
<b>of These Get Enough</b>	<i>Sodium</i>			
	<i>Protein</i>			
	<i>Sugars</i>			
<b>of These Get Enough</b>	<i>Carbohydrate</i>			
	<i>Dietary Fiber</i>			
	<i>Vitamin A</i>			
	<i>Vitamin C</i>			
	<i>Others:</i>			