

# Practice Comparing Food Labels

Look at the two food labels below. One is for PLAIN YOGURT. The other is for FRUIT YOGURT. Now answer these questions by checking PLAIN or FRUIT.

1. Which yogurt has the most calories?  FRUIT  PLAIN
2. Which yogurt has the most saturated fat?  FRUIT  PLAIN
3. Which yogurt has the most trans fat?  FRUIT  PLAIN
4. Which yogurt has the most salt (sodium)?  FRUIT  PLAIN
5. Which yogurt has the most carbohydrates?  FRUIT  PLAIN
6. Which yogurt has the most sugar?  FRUIT  PLAIN
7. Which yogurt has the most vitamins?  FRUIT  PLAIN
8. Which yogurt has the most calcium?  FRUIT  PLAIN
9. Which yogurt is the most healthy?  FRUIT  PLAIN

FRUIT YOGURT	
<b>Nutrition Facts</b>	
Serving Size 1 container (227g)	
Amount Per Serving	
<b>Calories</b> 240 <b>Calories from Fat</b> 25	
	% Daily Value*
<b>Total Fat</b> 3g	4 %
Saturated Fat 1.5g	9 %
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	5 %
<b>Sodium</b> 140mg	6 %
<b>Total Carbohydrate</b> 46g	15 %
Dietary Fiber Less than 1g	3 %
Sugars 44g	
<b>Protein</b> 9g	
Vitamin A 2 % • Vitamin C 4 %	
Calcium 35 % • Iron 0 %	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

PLAIN YOGURT	
<b>Nutrition Facts</b>	
Serving Size 1 container (226g)	
Amount Per Serving	
<b>Calories</b> 110 <b>Calories from Fat</b> 0	
	% Daily Value*
<b>Total Fat</b> 0g	0 %
Saturated Fat 0g	0 %
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> Less than 5mg	1 %
<b>Sodium</b> 160mg	7 %
<b>Total Carbohydrate</b> 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
<b>Protein</b> 13g	
Vitamin A 0 % • Vitamin C 4 %	
Calcium 45 % • Iron 0 %	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

NOTE: Trans Fat is particularly unhealthy.