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

Food and Nutrition 103

Assignment #5: Food Label Comparison

Instructions: You will compare 2 different Nutrition Facts Labels. They must be the same type of food item, but they must be different brands.

Examples:

* **Dry Cereal (ex: Corn Flakes vs. Lucky Charms)**
* **Frozen Meal for one (ex: Lean Cuisine Lasagna vs. Amy’s Spinach Lasagna)**
* **Cereal Bars (ex: Nutrigrain Soft Bake vs. Nature Valley Protein Chewy Bars)**
* **Sliced Bread (ex: Sara Lee Honey Wheat vs. Nature’s Own Honey Wheat)**

Print and/or cut out the 2 food labels and attach them to the back of this page or a new page.

Label the Nutrition Facts Labels #1 and #2. Answer the following questions.

|  |  |  |
| --- | --- | --- |
| **Question** | **Label #1** | **Label #2** |
| How many servings are in the entire container/box/package? |  |  |
| What is one serving size? |  |  |
| How many calories are in 1 ½ servings? |  |  |
| How many grams of fat are in two servings? |  |  |
| Does the product have any added sugars? |  |  |
| What ingredient is used the most? |  |  |
| What potential food allergens are listed in the ingredients? |  |  |