

Section 9-1**Practice****Decision Making: Comparing Food Labels**

Food labels provide information on calories, Daily Values for nutrients contained in the food, ingredients, and health claims. This worksheet will give you practice making informed food choices based on comparing food labels.

Study the two food labels from breakfast cereals. Then complete the table and answer the questions on the next page.

Cereal A

| Nutrition Facts | |
|--------------------------------------|-----------|
| Serving Size $\frac{3}{4}$ cup (30g) | |
| Servings Per Container about 11 | |
| Amount Per Serving | |
| Calories | 100 |
| Calories from Fat | 5 |
| % Daily Value | |
| Total Fat 0.5g* | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 190mg | 8% |
| Potassium 90mg | 3% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 3g | 10% |
| Sugars 5g | |
| Other Carbohydrate 15g | |
| Protein 2g | |
| Vitamin A | 10% |
| Vitamin C | 100% |
| Calcium | 100% |
| Iron | 100% |
| Vitamin D | 10% |
| Vitamin E | 100% |
| Thiamin | 100% |
| Riboflavin | 100% |
| Niacin | 100% |
| Vitamin B ₆ | 100% |
| Folic Acid | 100% |
| Vitamin B ₁₂ | 100% |
| Pantothenic Acid | 100% |
| Phosphorus | 8% |
| Magnesium | 6% |
| Zinc | 100% |
| Copper | 4% |

Cereal B

| Nutrition Facts | |
|--------------------------------------|------------|
| Serving Size $\frac{3}{4}$ cup (42g) | |
| Servings Per Container about 10 | |
| Amount Per Serving | |
| Calories | 220 |
| Calories from Fat | 40 |
| % Daily Value | |
| Total Fat 4.5g* | 7% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 2g | |
| Cholesterol 0mg | 0% |
| Sodium 250mg | 10% |
| Potassium 180mg | 5% |
| Total Carbohydrate 42g | 14% |
| Dietary Fiber 4g | 17% |
| Sugars 16g | |
| Other Carbohydrate 22g | |
| Protein 5g | |
| Vitamin A | 0% |
| Vitamin C | 10% |
| Calcium | 2% |
| Iron | 25% |
| Vitamin D | 0% |
| Thiamin | 25% |
| Riboflavin | 25% |
| Niacin | 25% |
| Vitamin B ₆ | 25% |
| Folic Acid | 25% |
| Vitamin B ₁₂ | 25% |
| Phosphorus | 15% |
| Magnesium | 15% |
| Zinc | 25% |
| Copper | 6% |

Section 9-1: Practice *(continued)*

| Nutrient | Cereal A (per serving) | Cereal B (per serving) |
|----------------------|-----------------------------------|-----------------------------------|
| Calories | | |
| Total Fat (% DV) | | |
| Cholesterol (% DV) | | |
| Sodium (% DV) | | |
| Dietary Fiber (% DV) | | |
| Sugars (g) | | |
| Proteins (g) | | |
| Vitamin A (% DV) | | |
| Vitamin C (% DV) | | |
| Calcium (% DV) | | |
| Iron (% DV) | | |

1. Which cereal has more vitamins and minerals overall? _____
2. Which cereal is lower in fat, sodium, and sugars? _____
3. Which cereal is a better source of protein? _____
4. Which cereal is lower in calories? _____
5. Which cereal would you choose? Explain your choice.
