Nutrition Fact Valeur nutrition Per 125 mt #7 97 pm	ve
Amount	Comp Value
Calories / Calories 80	
Fet / Lipides 0.5 g	1 %
"attrated / tatures 0	9 • %
Chalesteral / Cholest	trot 0 mg
Sodium / Sodium 0 m	9 0%
Carbohydrate / Gluck	tes 18 g 6 %
Fibre / Fibres 2 g	15
Sugars / Sucres 2 g	
Protein / Proteines 3	9
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	0 %
ron / Fw	2 %

COMPARE AND CHOOSE

The More You Read, The More You Know

Labels can help you make wise food choices. You can learn a lot by reading the nutrition information panel and the ingredient listing. Select two similar foods. Fill in the blanks below. Then answer the questions.

Nutrition Facts Valeur nutritive Per 125 mt. 87 g) rpar 125 mt. (87 g)		
Calories / Calories	50	
Fat / Lipides 05 g	1 5	
Saturated / Saturé • Trans / trans 0 g		
Cholesteral / Chal	esteral 0 mg	
Sedium / Sedium	ang an	
Carbohydrate / Gh	icides 18 g 6 5	
Fibre / Fibres 2 g	8.5	
Sugars / Sucres 2	9	
Protein / Preteines	3 9	
Stames A / Vilamene	A 25	
Vitamin C / Vitamin	C 10 1	
Calcium / Calcium	0 9	
Iron / Fer	7.3	

	Brand	
	Serving Size	
	Calories	
	Fat	
	 Carbohydrate	
	Fibre	
	Sugars	
	Protein	
% Daily Value	% Daily Value	% Daily Value
	Vitamin A	
	Vitamin C	
	Calcium	
	Iron	
	Ingredients (first 3)	
	<u> </u>	
	• · · · · · · · · · · · · · · · · · · ·	
Which product would you ch	oose as a better source of nu	trients and better value for
Vhy?		

