

# COMPARE AND CHOOSE

## The More You Read, The More You Know

Nutrition Facts Valeur nutritive	
Per 125 mL (87 g) / par 125 mL (87 g)	
Amount	% Daily Value
<b>Calories / Calories 80</b>	
Fat / Lipides 0.5 g	1%
Saturated / Saturés 0 g	0%
Trans / Trans 0 g	0%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 0 mg	0%
Carbohydrate / Glucides 16 g	4%
Fibre / Fibre 2 g	4%
Sugars / Sucres 2 g	4%
Protein / Protéines 3 g	6%
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	10%
Calcium / Calcium	0%
Iron / Fer	2%

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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.

	Brand	
	Serving Size	
	Calories	
	Fat	
	Carbohydrate	
	Fibre	
	Sugars	
	Protein	
<u>% Daily Value</u>	<u>% Daily Value</u>	<u>% Daily Value</u>
	Vitamin A	
	Vitamin C	
	Calcium	
	Iron	
	Ingredients (first 3)	

Which product would you choose as a better source of nutrients and better value for your money? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_