

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	
Total Fat 0.5 g 1%	
Saturated Fat 0 g 0%	
Trans Fat 0 g 0%	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg 0%	
Carbohydrate / Glucides 18 g 4%	
Dietary Fibre 2 g 8%	
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin 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.

White Milk (2%)
237 mL = 1 cup
130
5g = 8%
12g = 4%
0g
12g
8g

% Daily Value
10%
0%
25%
0%

Brand
 Serving Size
 Calories
 Fat
 Carbohydrate
 Fibre
 Sugars
 Protein

Chocolate Milk (1%)
237 mL = 1 cup
150
2.5g 4%
26g 8%
0g
25g
8g

% Daily Value
Vitamin A 10%
Vitamin C 0%
Calcium 25%
Iron 4%

Partly skinned milk
Vitamin A
Vitamin D₃

Ingredients (first 3)

Partly skinned milk
butter milk
sugar.

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

Why? Both are healthy choices but the chocolate milk has a lot more sugar in it than the white milk.