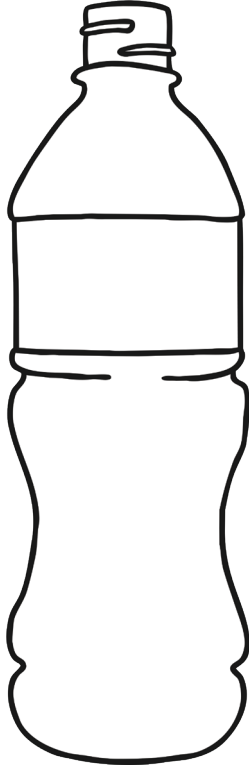


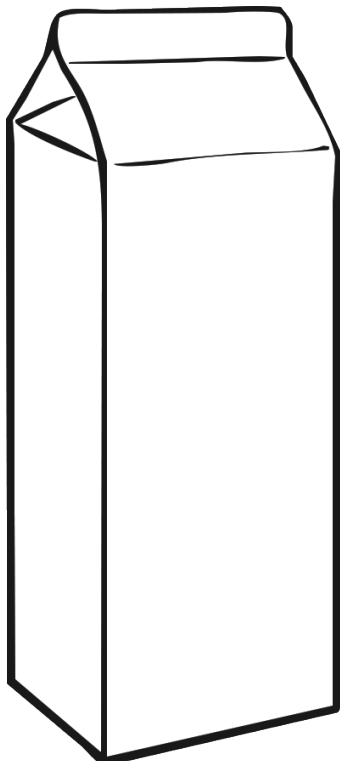
Food Nutrition Labels

Making Healthy Choices

Look at the nutrition labels on the two products below:



NUTRITION INFORMATION		
Servings per package: 4		
Serving Size: 150g		
	Quantity per serving	Quantity per 100g
Energy	600kJ	450kJ
Protein	4.2g	3g
Fat, total	7.4g	5g
- saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
-sugars	18.6g	12.4g
Sodium	90mg	60mg
Ingredients: Whole Milk, concentrated skim milk, banana (10%), strawberry (5%), kiwi fruit (4%), plum (3%), pear (2%), gelatin, culture, thickener (1442)		
All quantities above are averages.		



NUTRITION INFORMATION		
Servings per package: 2		
Serving Size: 50g		
	Quantity per serving	Quantity per 100g
Energy	500kJ	450kJ
Protein	4.2g	3g
Fat, total	3.4g	6.8g
- saturated	0.5g	1.0g
Carbohydrate, total	10.0g	20.0g
-sugars	7.0g	14.0g
Sodium	50mg	100mg
Ingredients: Water, skim milk, apple (20%), blueberry (12%), pineapple (10%)		
All quantities above are averages.		

Food Nutrition Labels Making Healthy Choices

1. Which product has the most amount of sugar per serving?

2. Which product had the least amount of sodium?

3. Which product has the most amount of saturated fat?

4. Which product has fewer additives?

5. After reading the nutrition labels on both products, which would you choose as a healthier option? Explain why.

1. Product A
2. Product B
3. Product A
4. Product B
5. Example answer: I would buy Product B because it is healthier. There are no additives listed on the label, it is less fattening because it has less fat, less saturated fat and less sugar per serving. (Deeper answers might discuss the greater amount of fat and sugar per 100g in Product B, so the comparison would actually be more complicated.)