

Name _____

Comparing Labels

Procedure:

1. **Read** the **Nutrition Facts** on **three foods** *from the same food group*.
2. Complete the table **comparing calories per serving, total fat, sodium and fiber**.
3. Check which food is heart-healthiest. (Healthiest means lower in calories and fat, below 200mg of sodium and balanced when looking at sugar and fiber.)
4. Create an advertisement for the healthiest food ***marketing its health benefits***. (Use the box below.)

Food	Calories per Serving	Total Fat (in g)	Sugar (in g)	Sodium (in mg)	Fiber (in g)	Heart Healthiest (X one only)
Example Triscuits	120	3g	0g	180mg	3g	

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