

Name: _____ Period: _____ Date: _____

Comparing Food Labels

Directions: Follow the lab procedures below to fill in the data table and answer the analysis questions.

Equipment:

- Two comparable food labels

Procedure:

1. Compare the two food labels and complete the data table.
2. Answer the analyzing results questions.



Data Table:

Nutrient/Values	Food Label #1	Food Label #2
	_____	_____
Calories		
Total Fat		
Fat from Calories		
Sodium		
Sugar		
Fiber		
Protein		
Vitamins provided in a significant amount		
Mineral provided in a significant amount		

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Analyzing Results:

1. Which food item did you expect to be the healthier option? Explain your reasoning.
2. Which food item is **actually** the healthier option? Explain your reasoning by citing examples from the data table.
3. Why should consumers compare labels before making food purchases?