

Module: Food & Nutrition – Nutrition Facts
Competency: Reading CLB 3.3 – Getting Things Done
Task: Read nutritional labels, answer questions, and choose the best milk for losing weight.

Milk A

Milk B

REDUCED FAT MILK - 2% Milkfat		NONFAT MILK	
Nutrition Facts		Nutrition Facts	
Serving Size 1 cup (236ml)		Serving Size 1 cup (236ml)	
Servings Per Container 1		Servings Per Container 1	
Amount Per Serving		Amount Per Serving	
Calories 120		Calories 80	
Calories from Fat 45		Calories from Fat 0	
	% Daily Value*		% Daily Value*
Total Fat 5g	8%	Total Fat 0g	0%
Saturated Fat 3g	15%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 20mg	7%	Cholesterol Less than 5mg	0%
Sodium 120mg	5%	Sodium 120mg	5%
Total Carbohydrate 11g	4%	Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Sugars 11g		Sugars 11g	
Protein 9g	17%	Protein 9g	17%
Vitamin A 10% • Vitamin C 4%		Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%		Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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| 1. Is the serving size the same or different? | Same | Different |
| 2. What is the name of Milk A? | 2% milkfat | Nonfat milk |
| 3. What is the name of Milk B? | 2% milkfat | Nonfat milk |
| 4. Which milk has fewer calories? | Milk A | Milk B |
| 5. Which milk has more fat? | Milk A | Milk B |
| 6. Which milk has less saturated fat? | Milk A | Milk B |
| 7. Which milk has more cholesterol? | Milk A | Milk B |
| 8. Which milk is the better choice for losing weight? | Milk A | Milk B |