



(A)



Nutrition Facts	
1 serving per container	
Serving size	1 package
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 530mg	10%
Vitamin C	10%

Nutrition Facts	
1 serving per container	
Serving size	1 package
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	2%
Potassium 350mg	6%
Vitamin C	6%

Compare the two food products.

Instruction: Look at the labels, then answer the questions.

1. Which product has the most **Fat**?
2. Does product A have more **protein** than product B?
3. Both products has 0 mg **Cholesterol**. Is that true?
4. Product A has more **Vitamin C**. Is this True?
5. Which product has less **Calories**? (energy)

(B)

