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



REDUCED FAT MILK - 2% Milkfat

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving	
Calories 120	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% •	Vitamin C 4%
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:

Milk B

NONFAT MILK

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
Vitamin A 10% •	Vitamin C 4%
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:

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

LIVEWORKSHEETS