



Name _____

Food Label Comparisons

Comparison	Example	1	2	3	4
1. What is the name of the product?					
2. How large is one serving?					
3. How many calories per serving?					
4. How many total grams of fat per serving?					
5. How many grams of fiber are in each serving?					
6. How many milligrams of salt (sodium) are in each serving?					
7. What is the percent Daily Value of Vitamin C in each serving?					
8. How many grams of protein are in each serving?					