COMPARING FOOD NUTRITIONAL VALUES WORKSHEET

Name:

Date:

Class period:

Comparing Food Nutritional Values

Instructions

- Choose five food labels. List each food across the top row.
- Read the label to fill in the amount of each nutrient per serving under each food.
- If no nutrient value is given, put an X.
- Make a note if the unit of measurement on the label is different than the one in the table.
- Use different colored highlighters to mark the highest and lowest values for each nutrient in the table.
  - » Mark the <u>highest</u> value in each row in yellow.
  - » Mark the <u>lowest</u> value in each row in blue.
  - » Highlight the corresponding key (high value and low value) below your table.

High Value

Low Value

FOOD NAME					
Nutrient per serving					
Total fat (g)					
Saturated fat (g)					
Trans fat (g)					
Cholesterol (mg)					
Sodium (mg)					
Total carbohydrate (g)					
Fiber (g)					
Total sugars (g)					
Protein (g)					
Vitamin D (mcg)					
Calcium (mg)					
Iron (mg)					
Potassium (mg)					