

Name: _____

A Look At Labels

Learning how to read food labels helps you choose healthier foods.

Label A:

Yogourt Nutrition information per serving

Serving size 175 g
Approximate servings per container 1
Energy 193 Cal
..... 810 kJ
Protein 4.6 g
Fat 7.9 g
Carbohydrate 27 g

Label B:

Yogourt Nutrition information per serving

Serving size 175 g
Approximate servings per container 1
Energy 158 Cal
..... 660 kJ
Protein 7.2 g
Fat 1.8 g
Carbohydrate 28 g

Use the two labels above to answer the following questions:

1. If you eat one serving of Label A yogourt, how many calories would you be having? _____
2. How many servings of yogourt are in each container? _____
3. Which yogourt has less fat? _____
4. Which yogourt has more calories? _____
5. Which yogourt would you eat? _____ Why? _____
6. What is Label B yogourt: regular or low-fat yogourt? _____

