

Food Label Comparison Table

For this activity, you will be comparing the nutrition labels between snack pairs to determine which ones are the healthiest snacking options. As you read the labels for each food, write down the number of calories, total fat, and cholesterol they have in the chart. Once you are done, decide which of the two foods you compared was healthier, based on your table data.

FOODS	CALORIES	TOTAL FAT	CHOLESTORAL	WHICH ONE IS HEALTHIER?
Regular potato chips vs. pretzels/baked chips	A: B:	A: B:	A: B:	
Graham crackers vs. cookies	A: B:	A: B:	A: B:	
Banana vs. candy bar	A: B:	A: B:	A: B:	
Cheetos chips vs. string cheese	A: B:	A: B:	A: B:	
Pudding vs. fat-free yogurt	A: B:	A: B:	A: B:	

Instructions for Table Use

Lay the following food items out on a table, or just have the labels for the items. Assign each food product A or B. (Example, regular chips: A, pretzels: B) Give each participant a recording table. Have the participants read the labels for each snack pair, and record the data in the table. After comparing the labels and recording the numbers for each nutrient fact, have them decide in the final column which food is healthier.

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