



Marvelous Milk – Answer Sheet

Reading the food labels



Food Label 1: Fat-Free Milk

Nutrition Facts	
Serving Size: 1 cup (236 ml)	
Servings Per Container: 1	
Amount per Serving	
Calories 80	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polyunsaturated 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.	

Food Label 2: Soda

Nutrition Facts	
Serving Size: 12 oz	
Servings Per Container: 1	
Amount per Serving	
Calories 100	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 28g	
Protein 0g	0%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
*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 cup of milk is 8 fluid ounces

Using the above food labels, answer the following questions:

1. Are the serving sizes the same? No. 8oz vs. 12 oz.
2. Which label has more protein? Milk
3. Which label has more sugar? Soda
4. How much calcium does milk have? 30% of the daily value
5. How much calcium does soda have? 0% of the daily value
6. Which option has more vitamins and minerals? Milk
7. Which do you think is a better option and why? Milk: higher in vitamins and minerals, better source of protein, less calories, less sugar.

