



Marvelous Milk

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? _____
2. Which label has more protein? _____
3. Which label has more sugar? _____
4. How much calcium does milk have? _____
5. How much calcium does soda have? _____
6. Which option has more vitamins and minerals? _____
7. Which do you think is a better option and why? _____



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