



Marvelous Milk

Reading the food labels



Food Label 1: Non-fat Milk

| Nutrition Facts | | |
|--|---------------------|---------------|
| Serving Size 1 cup (236ml) | | |
| Servings Per Container 1 | | |
| Amount Per Serving | | |
| Calories 80 | Calories from Fat 0 | |
| % Daily Value* | | |
| Total Fat 0g | | 0% |
| Saturated Fat 0g | | 0% |
| Trans 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 (1 can) | | |
| 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? _____

