



# Marvelous Milk

Read the food labels

## Food Label 1: Milk

## Food Label 2: Soda

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> Less than 5mg	0%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 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.	

Nutrition Facts	
Serving Size 1 can	
Servings Per Container 0	
Amount Per Serving	
<b>Calories</b> 188	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 50mg	2%
<b>Potassium</b> 0mg	0%
<b>Total Carbohydrate</b> 48g	10%
Dietary Fiber 0g	0%
Sugars 48g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	
www.nutritionpedia.com	
Image copyright Nutrition Systems, LLC.	

\*\*\*\*1 cup of milk is 8 fluid ounces

\*\*\*\*\*1 can of soda is 12 fluid ounces

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