

Product Pair #1: Ranch Dressing

Classic Ranch Dressing

Nutrition Facts	
20 servings per container	
Serving size	2 Tbsp. (30g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0.5g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

Fat Free Ranch Dressing

Nutrition Facts	
16 servings per container	
Serving size	2 Tbsp. (32g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 310mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 1.5g Added Sugars	6%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Product Pair #2: Fat Free Milk

Fat Free Chocolate Milk

Nutrition Facts	
1 serving per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	125
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 9g Added Sugars	18%
Protein 8g	
Vitamin D 100mcg	20%
Calcium 350mg	30%
Iron 1mg	3%
Potassium 425mg	9%

Fat Free White Milk

Nutrition Facts	
1 serving per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 125mcg	25%
Calcium 350mg	30%
Iron 0mg	0%
Potassium 410mg	8%

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Product Pair #3: Sandwich Bread

Classic White Bread

Nutrition Facts	
22 servings per container	
Serving size	1 slice (26g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	4%
Potassium 0mg	0%

Whole Wheat Bread

Nutrition Facts	
22 servings per container	
Serving size	1 slice (26g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	4%
Potassium 0mg	0%

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Product Pair #4: Potato Chips

Regular Potato Chips

Nutrition Facts	
10 servings per container	
Serving size	15 chips (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 350mg	6%

Baked Potato Chips

Nutrition Facts	
6 servings per container	
Serving size	17 chips (28g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0 mg	0%
Potassium 230mg	4%

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Product Pair #5: Cooked Chicken

Frozen Breaded Chicken

Nutrition Facts	
6 servings per container	
Serving size	1 piece (117g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 510mg	21%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 0mg	0%

Frozen Grilled Chicken

Nutrition Facts	
5 servings per container	
Serving size	1 piece (98g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 560mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	4%
Potassium 0mg	0%

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A Closer Look at the Nutrition Facts Label

Compare the following information for each product in this activity:

Regular vs. Fat-Free Ranch Dressing	<i>Compare calories, total fat, sodium, and sugar</i>
<i>Observations:</i>	
Fat-Free Chocolate Milk vs. Fat-Free White Milk	<i>Compare calories, total and added sugars, and the four vitamins/minerals on the label</i>
<i>Observations:</i>	
Classic White Bread vs. Whole Wheat Bread	<i>Compare calories, sodium, total and added sugars, and fiber</i>
<i>Observations:</i>	
Regular Potato Chips vs. Baked Potato Chips	<i>Compare calories, total fat, sodium, and total and added sugars</i>
<i>Observations:</i>	
Frozen Breaded Chicken vs. Frozen Grilled Chicken	<i>Compare calories, total and saturated fat, sodium, total carbohydrates, and protein</i>
<i>Observations:</i>	

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