

# Sample Soup Labels

Compare the two soup labels below. Circle the differences you find between them.

## Brand #1

Nutrition Facts			
Serving Size 1 cup (240g)			
Servings Per Container 2			
Amount Per Serving			
Calories 90		Calories from Fat 30	
% Daily Values*			
Total Fat 3g		5%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 25mg		8%	
Sodium 650mg		27%	
Total Carbohydrate 10g		3%	
Dietary Fiber 1g		4%	
Sugars 3g			
Protein 6g		12%	
Vitamin A 15%		●	Calcium 2%
Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



## Brand #2

Nutrition Facts			
Serving Size 1 cup (243g)			
Servings Per Container 2			
Amount Per Serving			
Calories 90		Calories from Fat 10	
% Daily Values*			
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 390mg		16%	
Total Carbohydrate 12g		4%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 8g		16%	
Vitamin A 25%		•	Vitamin C 4%
Calcium 2%		•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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