

Nutrition Labels Comparison Activity

Full-fat product

Serving Size: _____

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Calcium: _____

Reduced fat product

Serving Size: _____

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Calcium: _____

Fat free product

Serving Size: _____

Calories: _____

Total Fat: _____

Saturated Fat: _____

Protein: _____

Calcium: _____



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Nutrition Labels for 3 Types of Cheddar Cheese

Regular Cheddar Cheese	
Nutrition Facts	
Serving Size (28g)	
Amount Per Serving	
Calories 120	
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 175mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	12%
Calcium 20%	
*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

Reduced Fat Cheddar Cheese	
Nutrition Facts	
Serving Size (28g)	
Amount Per Serving	
Calories 90	
% Daily Values*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 175mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	14%
Calcium 20%	
*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

Fat Free Cheddar Cheese	
Nutrition Facts	
Serving Size (28g)	
Amount Per Serving	
Calories 45	
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	18%
Calcium 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.	
	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

Note: serving size for each is 1 ounce or $\frac{1}{4}$ cup, which is 28 grams.



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Nutrition Labels for 2 Types of Mozzarella Cheese

Regular Mozzarella Cheese (part-skim)			
Nutrition Facts			
Serving Size (28g)			
Amount Per Serving			
Calories 90			
		% Daily Values*	
Total Fat 6g			9%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 170mg			7%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 7g			14%
Calcium 20%			
* 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

Fat Free Mozzarella Cheese			
Nutrition Facts			
Serving Size (28g)			
Amount Per Serving			
Calories 45			
		% Daily Values*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 280mg			12%
Total Carbohydrate 2g			1%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 9g			18%
Calcium 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.			
	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

Note: serving size for each is 1 ounce or ¼ cup, which is 28 grams.



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Nutrition Labels for 3 Types of Plain Yogurt

Plain Yogurt, Regular		
Nutrition Facts		
Serving Size (227g)		
Amount Per Serving		
Calories 190		
		% Daily Values*
Total Fat	12g	18%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	150mg	6%
Total Carbohydrate	12g	4%
Dietary Fiber	0g	0%
Sugars	12g	
Protein	9g	18%
Calcium 30%		
*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

Plain Yogurt, Low Fat		
Nutrition Facts		
Serving Size (227g)		
Amount Per Serving		
Calories 150		
		% Daily Values*
Total Fat	4g	6%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	220mg	9%
Total Carbohydrate	17g	6%
Dietary Fiber	0g	0%
Sugars	17g	
Protein	11g	22%
Calcium 40%		
*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

Plain Yogurt, Nonfat (Fat Free)		
Nutrition Facts		
Serving Size (227g)		
Amount Per Serving		
Calories 130		
		% Daily Values*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	220mg	9%
Total Carbohydrate	19g	6%
Dietary Fiber	0g	0%
Sugars	19g	
Protein	13g	26%
Calcium 45%		
*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

Note: serving size for each is 1 cup, which is 227 grams.



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