

Label Reading Worksheet

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Choose 2 products (not condiments) to analyze and complete the table below for each product

Product 1

Serving size	Servings per container	Calories per serving	Grams of total fat	Are there ≤ 2 grams of fat per 100 calories?	Sodium in mgs	Is the sodium in mgs \leq the calories?	Grams of added sugar**	Are there ≤ 2 grams of added sugar per 100 calories?	Are there any unhealthy fats in the ingredient list	Are there any grains that aren't whole grains in the ingredient list.

Would you buy this product? If so, why? If not, why not? _____

Product 2

Serving size	Servings per container	Calories per serving.	Grams of total fat	Are there ≤ 2 grams of fat per 100 calories?	Sodium in mgs	Is the sodium in mgs less than the calories?	Grams of added sugar**	Are there ≤ 2 grams of added sugar per 100 calories?	Are there any unhealthy fats in the ingredient list	Are there any grains that aren't whole grains in the ingredient list.

Would you buy this product? If so, why? If not, why not? _____