

Name _____ Period _____ Date _____

Breakfast Cereal Comparison

Record information from the Nutrition Facts panel of your choice of two ready-to-eat breakfast cereals in the spaces provided. Then answer the questions following questions.

Cereal A:	Cereal B:
Price:	Price:
Servings per container:	Servings per container:
Nutrition information per serving without milk	
Serving size:	Serving size:
Calories:	Calories:
Calories from fat:	Calories from fat:
Total fat:	Total fat:
Saturated fat:	Saturated fat:
Cholesterol:	Cholesterol:
Sodium:	Sodium:
Total carbohydrate:	Total carbohydrate:
Dietary fiber:	Dietary fiber:
Sugars:	Sugars:
Protein:	Protein:
Percent Daily Value	
Total fat:	Total fat:
Saturated fat:	Saturated fat:
Cholesterol:	Cholesterol:
Sodium:	Sodium:
Total carbohydrate:	Total carbohydrate:
Dietary fiber:	Dietary fiber:
Vitamin A:	Vitamin A:
Vitamin C:	Vitamin C:
Calcium:	Calcium:
Iron:	Iron:
Other nutrients	Other nutrients
List the first five ingredients shown on the label	

Name _____

1. Which cereal is the most economical?
2. Which cereal is lowest in fat?
3. Which cereal is lowest in sodium?
4. Which cereal is lowest in sugars?
5. Which cereal is highest in fiber?
6. Which cereal is highest in vitamins and minerals?
7. Which cereal would you rank as most nutritious overall? Explain your answer.
8. Which cereal would you rather eat? Explain your answer.
9. What size portion of this cereal do you typically eat?
10. How does this portion size affect your evaluation of nutrition label information?
11. What type of milk do you pour on your cereal?
12. How does the milk affect the nutritive value of the cereal?
13. How much, if any, sugar do you add to your cereal before eating it?
14. How does added sugar affect the nutritive value of the cereal?