

OPTION 2--NUTRITION

STUDENT

Name \_\_\_\_\_ Hour \_\_\_\_\_

### NUTRITIONAL VALUE COMPARISON CHART

As you buy foods at the grocery store, it is wise to compare the nutritional value and calories of different brands of the same item. Always read the label and buy the brands that are lowest in fat, sugar and sodium.

**INSTRUCTIONS:** Choose four different brands of the same food item that may be served in the care center. Using the nutritional labels from each item, complete the chart. Determine which item provides the best nutritional value.

Type of food item to be compared \_\_\_\_\_

Brand name of item #1 \_\_\_\_\_

Brand name of item #2 \_\_\_\_\_

Brand name of item #3 \_\_\_\_\_

Brand name of item #4 \_\_\_\_\_

per serving  
levels of

#1

#2

#3

#4

Protein

Fat

Carbohydrates

Vitamin A

Vitamin C

Sodium

Calcium

Iron

Fiber

Calories

% of calories  
from fat

Which brand provides the best over-all nutritional value? Why?