

Name _____

Date _____

Read Nutrition Facts

Use two labels to answer everyday questions

Directions: Read both labels. Write each answer on the line.

FOOD LABEL PRACTICE

Whole Milk

Best by: October 10, 2026

Nutrition Facts

8 servings per container

Serving size 1 cup (240 mL)

Calories 160

Total Fat 8g

Sodium 110mg

Total Carbohydrate 12g

Total Sugars 12g

Protein 8g

FOOD LABEL PRACTICE

Classic Potato Chips

Best by: October 22, 2026

Nutrition Facts

13 servings per container

Serving size About 15 chips (28g)

Calories 160

Total Fat 10g

Sodium 110mg

Total Carbohydrate 15g

Total Sugars Less than 1g

Protein 2g

1 How many calories are in one serving of milk?

2 What is one serving of potato chips?

3 Which item has more total fat?

4 What is the milk's best-by date?

5 How much protein is in the milk?

6 How much protein is in the chips?

Helpful tip: Compare one serving of each item.