

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.

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Read Nutrition Facts - Answer Key

Use two labels to answer everyday questions

Answer Guide: Read both labels. Write each answer on the line.

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1 How many calories are in one serving of milk?
160 calories

2 What is one serving of potato chips?
About 15 chips (28g)

3 Which item has more total fat?
Potato chips

4 What is the milk's best-by date?
October 10, 2026

5 How much protein is in the milk?
8g

6 How much protein is in the chips?
2g

Helpful tip: Compare one serving of each item.