

# Reading Food Labels - Level 2

Compare two foods using serving size and nutrients

Use both labels. Write the answer or circle the better choice.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

SOUP

## Garden Tomato Soup

Simple food label practice

<b>Nutrition Facts</b>	
About 2 servings per container	
Serving size	1 cup (245g)
<div style="display: flex; justify-content: space-between;"> <span><b>Calories</b></span> <span style="font-size: 2em;"><b>110</b></span> </div>	
<b>% Daily Value*</b>	
Total Fat	2g 3%
Sodium	680mg 30%
Total Carbohydrate	20g 7%
Dietary Fiber	3g 11%
Total Sugars	8g
Includes Added Sugars	3g 6%
Protein	4g

\*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.

SOUP

## Harvest Bean Soup

Simple food label practice

<b>Nutrition Facts</b>	
About 2 servings per container	
Serving size	1 cup (245g)
<div style="display: flex; justify-content: space-between;"> <span><b>Calories</b></span> <span style="font-size: 2em;"><b>170</b></span> </div>	
<b>% Daily Value*</b>	
Total Fat	3g 4%
Sodium	410mg 18%
Total Carbohydrate	29g 11%
Dietary Fiber	7g 25%
Total Sugars	5g
Includes Added Sugars	0g 0%
Protein	9g

\*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.

**Helpful tip:** Compare the same amount: one serving of each food.

**1** Which soup has less sodium?  
\_\_\_\_\_

**2** Which soup has more protein?  
\_\_\_\_\_

**3** How much fiber is in one serving of tomato soup?  
\_\_\_\_\_

**4** How many calories are in one serving of bean soup?  
\_\_\_\_\_

**5** Which soup has 0 grams of added sugar?  
\_\_\_\_\_

**6** How many more grams of protein does bean soup have?  
\_\_\_\_\_

**7** Both cans have about how many servings?  
\_\_\_\_\_