

# 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)
<b>Calories</b>	
<b>110</b>	
<small>% Daily Value*</small>	
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
<small>*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.</small>	

SOUP

**Harvest  
Bean  
Soup**

Simple food label  
practice

<b>Nutrition Facts</b>	
About 2 servings per container	
Serving size	1 cup (245g)
<b>Calories</b>	
<b>170</b>	
<small>% Daily Value*</small>	
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
<small>*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.</small>	

**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?

\_\_\_\_\_

# Reading Food Labels - Level 2 Answer Key

Compare two foods using serving size and nutrients

Use this page to check the answers.

<p>SOUP</p> <p><b>Garden Tomato Soup</b></p> <p>Simple food label practice</p>	<b>Nutrition Facts</b>	
	About 2 servings per container	
	Serving size	1 cup (245g)
	<b>Calories</b>	<b>110</b>
		<b>% Daily Value*</b>
	Total Fat	2g 3%
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Includes Added Sugars	3g 6%	
Protein	4g	
*Percent Daily Value tells how much a nutrient in one serving contributes to a daily diet.		

<p>SOUP</p> <p><b>Harvest Bean Soup</b></p> <p>Simple food label practice</p>	<b>Nutrition Facts</b>	
	About 2 servings per container	
	Serving size	1 cup (245g)
	<b>Calories</b>	<b>170</b>
		<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?  
**Harvest Bean Soup**

2 Which soup has more protein?  
**Harvest Bean Soup**

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

4 How many calories are in one serving of bean soup?  
**170**

5 Which soup has 0 grams of added sugar?  
**Harvest Bean Soup**

6 How many more grams of protein does bean soup have?  
**5g**

7 Both cans have about how many servings?  
**About 2**