

Name _____



Better Bite Pick

Directions: Read both food labels. Choose the healthier option for each challenge and cite evidence from the labels.

Food Label A

Product: Frosty Berry Cereal
Serving Size: 1 cup
Calories: 190
Total Fat: 2 g
Sodium: 220 mg
Total Carbohydrates: 44 g
Sugar: 18 g
Fiber: 2 g
Protein: 3 g
Calcium: 15 percent daily value
Iron: 20 percent daily value

Food Label B

Product: Hearty Grain Crunch
Serving Size: 1 cup
Calories: 160
Total Fat: 3 g
Sodium: 140 mg
Total Carbohydrates: 32 g
Sugar: 6 g
Fiber: 6 g
Protein: 5 g
Calcium: 20 percent daily value
Iron: 10 percent daily value

1. Which cereal is the healthier option if you want the **least sugar**? Why?
2. Which cereal is better based on **fiber**? Cite the fiber amounts.
3. Which cereal would be better for someone watching their **sodium** intake? Use the sodium numbers.
4. Which cereal has more **protein**? Why can that matter for students during the school day?
5. Which cereal has fewer **calories** per serving? State the calorie difference.
6. Which cereal provides more **calcium**? How could that benefit growing students?
7. Which cereal would you choose as the **healthier everyday breakfast**? Support your answer with at least **two facts from the labels**.