



QUENCH YOUR THIRST!

Here is a way to compare foods to see which foods are the best choices for you. Answer the questions below using What's on the Label?

	Skim milk	1% chocolate milk	2% milk	Whole milk
1. What is the serving size for this item?	1 Cup 8 Fl Oz.	1 Cup 8 Fl Oz.	1 Cup 8 Fl Oz.	1 Cup 8 Fl Oz.
2. How many total calories in one serving?	90	170	130	150
3. How many total grams of fat in one serving?	0	2.5	5	8
4. What percent of calcium in one serving?	30% DV	30% DV	30% DV	30% DV

5. Based on this information, which type of milk offers the most calcium with the lowest fat?

Skim Milk

6. Which non-milk product has the most sugar per serving?

Orange soda

7. Which product has the least amount of calories per serving?

Bottled Water

8. What do you notice about the fat content of the 4 products on the bottom row?

They all contain zero grams of fat per serving