

Comparing Foods: Which is the Wiser Choice?

Yogurt (Brand A)

Serving Size 1 Container (150g)

Amount Per Serving

Calories 100	Calories from Fat 0	
		%DailyValue
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 55mg		2%
Total Carbohydrate 6g		2%
Sugars 0g		
Protein 10g		

Cereal (Brand A)

Serving Size 1 Cup (49g)

Servings Per Container 9

Amount Per Serving without Milk

Calories 170	Calories from Fat 10	
		%DailyValue
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Sodium 0mg		0%
Total Carbohydrate 40g		13%
Sugars 0g		
Protein 5g		

Bread (Brand A)

Serving Size 10 fl oz (283g)

Amount Per Serving

Calories 314	Calories from Fat 72	
		%DailyValue
Total Fat 8g		12%
Saturated Fat 5g		25%
Cholesterol 32mg		11%
Sodium 232mg		10%
Total Carbohydrate 51g		17%
Sugars 17g		
Protein 2g		4%

Yogurt (Brand B)

Serving Size 1 cup (227g)

Amount Per Serving

Calories 120	Calories from Fat 0	
		%DailyValue
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 5mg		1%
Sodium 115mg		5%
Total Carbohydrate 20g		7%
Dietary Fibers 0g		21%
Sugars 7g		
Protein 8g		16%

Cereal (Brand B)

Serving Size 1 Cup (33g/1.2 oz.)

Servings Per Container 16

Amount Per Serving without Milk

Calories 130	Calories from Fat 5	
		%DailyValue
Total Fat 1g		2%
Saturated Fat 0g		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 150mg		6%
Total Carbohydrate 30g		10%
Dietary Fibers 1g		4%
Sugars 16g		
Protein 1g		

Bread (Brand B)

Serving Size 1 cup (244g)

Amount Per Serving

Calories 120	Calories from Fat 27	
		%DailyValue
Total Fat 3g		5%
Saturated Fat 2g		10%
Total Carbohydrate 7g		4%
Protein 8g		16%