Let’s Compare

SALTINE CRACKERS

- What is the serving size of each product?
- How many calories are in a serving of each product?
- How many calories are in a WHOLE CONTAINER of each product?
- Which product is lower in fat?

WHOLE-WHEAT CRACKERS

- Which milk has fewer calories?
- Which milk has less fat?
• Which kind of chips has fewer calories?
• Which kind of chips has less fat?
• Which kind of chips has less sodium?

• Which cheese has the most protein?
• Which cheese has the most calcium?
• Which cheese has the least calories and fat?
• Do you think that choosing reduced-fat cheese is something you would try for your family?