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**

**WHOLE MILK**

- Which milk has fewer calories?
- Which milk has less fat?

**SKIM MILK**

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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?