

Food Label Comparison

| Food item     | Food 1 | Food 2 |
|---------------|--------|--------|
| Saturated Fat |        |        |
| Trans Fat     |        |        |
| Cholesterol   |        |        |
| Sodium        |        |        |
| Dietary Fiber |        |        |
| Sugars        |        |        |
| Protein       |        |        |