Label Related Questions:
In the following the words in red would be randomly selected. NUTRIENT would be replaced by a nutrient in the label (protein, fat, etc.). NUMBER would be replaced by a value between 1 and 3. FOOD GROUP would be replaced by a food category and FOOD CATEGORY would be replaced by a food sub-category.

Reading a single label

1. How many servings of this food would you need to consume the daily recommended value of NUTRIENT?

2. What is the quantity of NUTRIENT in NUMBER of servings of this product?

3. If you had NUMBER of servings of this item would you consume more than the daily recommended value of NUTRIENT?

4. If you consumed the whole pack of the product what quantity of NUTRIENT would you consume?

5. Does this product have the LOWEST/HIGHEST quantity of NUTRIENT among FOOD GROUP products?

6. Does this product have the LOWEST/HIGHEST quantity of NUTRIENT among FOOD CATEGORY products?

7. Are there FOOD GROUP products that have a LOWER/HIGHER quantity of NUTRIENT?

8. Are there FOOD CATEGORY products that have a LOWER/HIGHER quantity of NUTRIENT?

9. Looking at the NUTRIENT amount here would you look for an alternative product in the FOOD CATEGORY category?

Comparing two labels

1. Which product has a HIGHER/LOWER content of NUTRIENT?

2. If you were to have NUMBER of servings of any of the two items which would you choose to get closest to the daily value of NUTRIENT?

3. Which product belongs to a food group that has a WIDER/NARROWER range of NUTRIENT?
4. Which product belongs to a food category that has a **WIDER/NARROWER** range of **NUTRIENT**?