

Reading Nutrition Labels

140 vs. 140

140 calories in each 150-gram pot — one flavored, one plain. Same calories, not the same food.

FLAVORED • 9 INGREDIENTS

Nutrition Facts

Servings: 1, **Serving Size: 1 Container (150g),**

Amount per serving: **Calories 140**, **Total Fat** 2.5g (3% DV), Saturated Fat 1.5g (8% DV), *Trans* Fat 0g, **Cholesterol** 15mg (5% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (2% DV), Total Sugars 16g (**Includes 10g Added Sugars, 20% DV**), **Protein** 11g (22% DV), Vitamin D (0% DV), Calcium (10% DV), Iron (0% DV), Potassium (4% DV).

Ingredients: Cultured reduced fat milk, **cane sugar**, lemon pulp, water, fruit pectin, natural flavors, lemon juice concentrate, guar gum, turmeric (for color).

PLAIN • 2 INGREDIENTS

Nutrition Facts

Servings: 1, **Serving Size: 1 Container (150g),**

Amount per serving: **Calories 140**, **Total Fat** 8g (10% DV), Saturated Fat 5g (27% DV), *Trans* Fat 0g, **Cholesterol** 25mg (9% DV), **Sodium** 55mg (2% DV), **Total Carbohydrate** 5g (2% DV), Dietary Fiber 0g (0% DV), Total Sugars 5g (**Includes 0g Added Sugars, 0% DV**), **Protein** 14g (27% DV), Vitamin D 0mcg (0% DV), Calcium 180mg (15% DV), Iron 0mg (0% DV), Potassium 230mg (4% DV).

Ingredients: Grade A pasteurized skimmed milk and cream, live active yogurt cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).

Neither pot is simply the better one — more sugar and more ingredients in one, more protein and more fat in the other. The label does not rank them; it lets you see the trade-off and choose. **Prefer the plain pot but not its taste? Flavor it yourself — fruit or a drizzle of honey. Fruit’s sugars don’t count as “added”; honey’s do, and now the amount is your call.**

WHERE THE DIFFERENCE SHOWS

Serving size — every number on the panel describes this amount. Both pots hold 150 g.

% Daily Value — 20% or more of a nutrient in one serving is a lot, 5% or less is a little (FDA). Added sugars on the flavored pot: exactly 20%.

Added sugars — its own line, for sugar added in processing. Flavored: 10 g of 16. Plain: none of 5.

The first two ingredients — listed heaviest first, so those two are most of what you are eating. Cane sugar is second of nine on the flavored pot.

TRY THIS

Two versions of one food you already buy — plain and flavored, or two brands. Write down what you find.

FIRST PICK

SECOND PICK

Serving size

Calories

Added sugars (g)

THE BOTTOM LINE

Two yogurts, same calories. One has 10 g of added sugar and the other has none — and the calorie number can’t tell you which. The added-sugars line can. Worth telling someone.

Panels redrawn from two retail containers, brands removed; values are verbatim, and both labels are set in one consistent format for easy comparison.

The pink marks are ours. % Daily Value guidance: U.S. Food and Drug Administration. Pairs with the **Seeing Through Health Claims** guide.

Wellness education, not medical advice. For questions about your health, medications, or a condition you manage, discuss it with your primary care provider.