1. Chloe’s mom is on a diet. Her mom sent her to the store and asked her to buy the yogurt with the least calories and the lowest fat. Should Chloe buy the plain yogurt or the fruit yogurt?

2. Joshua’s dad has diabetes. A person with diabetes needs to be careful to limit their carbohydrates, particularly sugars. Which yogurt should Joshua buy for his dad?

3. Which yogurt contains more protein?

4. Which yogurt has more calcium?

5. If you eat both of these yogurts, how many calories will you have consumed?

6. How many entire containers of the fruit yogurt could you eat without going over your daily value of carbohydrates?


*Developed for the Massachusetts Department of Education Child and Adult Care Food Program by the University of Massachusetts Extension Nutrition Education Program. Permission is hereby granted by the Massachusetts Department of Education to copy any or all parts of this document for non-commercial educational purposes.*