The Serving Size Comparison Sheet

Compare the same amount before choosing.

A fair comparison begins with the unit behind the number.

Example: two adults compare similar products per one cup, retain the original label amounts, and mark a calculation uncertain when a valid conversion is missing.

01 Record product one

Copy the current package information.

Product / label date checked

Serving amount and units

Servings per container

Column used / nutrient checked

02 Record product two

Read the second label independently.

Second product / label checked

Second serving amount and units

Second servings per container

Second column / nutrient checked

The Serving Size Comparison Sheet / Review & follow-through

03 Make a fair comparison

Show the amounts and the calculation.

Common comparison amount

Product one calculation

Product two calculation

Unknown conversion / question

04 Make the household choice

Keep medical and allergy needs in view.

Question the comparison answers

Ingredient or allergy boundary

Cost / likely household use

Decision and next label review