



The Two Options

OBJECTIVE

Develop the ability to **compare food choices**, making more conscious decisions based on **health, energy, and personal values**.

YOUR MISSION

For **3 days**, you will compare **two options of the same type of product** and choose the one that best aligns with you.

Step 1 — Choose your products

On each day, choose **two similar products**, for example:

- Yogurts
- breakfast cereals
- Snacks
- Drinks

Product A: _____

Product B: _____



Step 2 – Compares using criteria

Populates the table for each pair of products.

Criteria	Product A	Product B
Simple ingredient list	☐ yes ☐ no	☐ Yes ☐ No
Sugar	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high
Salt	☐ low ☐ médium ☐ high	☐ low ☐ medium ☐ high
Processing Grade	☐ low ☐ medium ☐ high	☐ low ☐ medium ☐ high
Environmental impact (packaging/origin)	☐ smaller ☐ bigger	☐ smaller ☐ bigger

Step 3 – Make your choice

Answers:

- Which one did you choose? ☐ Product A ☐ Product B
- Why?

Step 4 - Record the experience

After consuming the chosen product, write on a piece of paper (or here):

- How did you feel after consuming this product?
- Have you noticed a difference in energy, satiety or well-being?



REGISTRATION:

FINAL REFLECTION

Answer individually:

What did you learn about how you decide when you have two similar options?

FOODWISELAB TIP

Choosing well is not choosing "the perfect", but what makes the most sense **for you**, at that moment, based on the information and your values.