

Snack Inspection

Activity B
Chapter 4

Name _____
Date _____ Period _____

Compare the nutritional value of four familiar snack foods—potato chips, pretzels, tortilla chips, and a snack mix made from nuts and dried fruit. Before reading the food labels, make predictions about the nutritional value of these snacks. In the middle column of the chart below, record your predictions. Then inspect the food labels to complete the third column. Finally, write your conclusions in the space provided at the bottom of the page.

	Prediction	Inspection
1. Fewest calories		
2. Most calories		
3. Lowest sodium		
4. Lowest total fat		
5. Lowest sugar		
6. Highest saturated fat		
7. Highest trans fat		
8. Highest cholesterol		
9. Highest dietary fiber		
10. Highest protein		
11. Highest vitamin C		
12. Highest calcium		
13. Highest iron		

Conclusions:

(Continued)

Food Labels

Potato Chips

Nutrition Facts	
Serving Size 1 oz. (28g/About 17 chips)	
Servings Per Container 14	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 2g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrates 4 Protein 4

Pretzels

Nutrition Facts	
Serving Size 1 oz. (28g/about 48 pretzels)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrates 4 Protein 4

Tortilla Chips

Nutrition Facts	
Serving Size 1 oz. (28g/About 6 chips)	
Servings Per Container 9	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrates 4 Protein 4

Snack Mix

Nutrition Facts	
Serving Size ¼ cup (32g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monosaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 80mg	5%
Potassium 115mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	6%
Sugars 8g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%