

Compare Three Snacks from a Snack Machine

Doritos

Nutrition Facts	
Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 13g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 310mg	13%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 4g	
Vitamin A 0%	Vitamin C 20%
Calcium 8%	Iron 2%

Mini Chips Ahoy Cookies

Nutrition Facts	
Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories 270	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4.5g	23%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

Snyder's of Hanover Butter Popcorn

Nutrition Facts	
Serving Size 5/8 oz.	
Servings Per Container 1	
Amount Per Serving	
Calories 100	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Which snack has the most calories per serving?

Which snack has the most total fat per serving?

Which snack has the most grams of sugar per serving?

Which snack has the most sodium per serving?

Which snack is the healthiest choice and why?



Public Health

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