



# ORANGE

## Nutrition Facts

Serving Size 1 fruit 2-5/8" dia 131g (131 ) Tj

### Amount Per Serving

Calories 62      Calories from Fat 1

### % Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	15g	5%
Dietary Fiber	3g	13%
Sugars	12g	

### Protein 1g

Vitamin A      6% • Vitamin C      116%  
 Calcium      5% • Iron      1%

\*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
Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

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## COMPARE the SNACK ATTACK

# SKITTLES



## Nutrition Facts

Serving Size 1 serving 2.17 oz pack 62g (62 g)

### Amount Per Serving

Calories 251      Calories from Fat 24

### % Daily Value\*

Total Fat	3g	4%
Saturated Fat	3g	13%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrate	56g	19%
Dietary Fiber	0g	0%
Sugars	47g	

### Protein 0g

Vitamin A      0% • Vitamin C      69%  
 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
Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

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- Which snack contains minerals? \_\_\_\_\_
- What vitamin do both snacks contain? \_\_\_\_\_
- Which snack has more nutrients? \_\_\_\_\_
- Which snack has more sugar? \_\_\_\_\_ (Divide by 4 to find out how many teaspoons of sugar.)
- Which snack do you think is healthier for your body? \_\_\_\_\_ Why? \_\_\_\_\_



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