



Nutrition Label Line Up

Which is the healthiest snack bag of chips?

Look closely. Study the labels below. Drop this game card in the box that matches your answer.

HINTS:

- How many **servings** are there in each bag?
- How many **calories** are there in each bag?
- How many **grams** of fat are there in each bag?

Student Name _____
Grade _____

Nutrition Facts	
Serving Size 2.5oz	
Amount Per Serving	
Calories 375	
Total Fat 25g	
Saturated Fat 2.5g	
Polyunsaturated Fat 12.5g	
Monounsaturated Fat 15g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 450mg	
Total Carbohydrate 37.5g	
Dietary Fiber 2.5g	
Protein 5g	
Sugars 0g	



Nutrition Facts	
Serving Size 1.78oz	
Amount Per Serving	
Calories 196	
Total Fat 2.7g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 267mg	
Total Carbohydrate 41g	
Dietary Fiber 3.6g	
Protein 3.6g	
Sugars 3.6g	



Nutrition Facts	
Serving Size 1oz	
Amount Per Serving	
Calories 110	
Total Fat 1.5g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 150mg	
Total Carbohydrate 23g	
Dietary Fiber 2g	
Protein 2g	
Sugars 2g	



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