

Name _____ Date _____

Looking at Labels

Chart

Snacks may do taste good, but what exactly are they made of? Which snacks are nutritious? To find out, you can read about the ingredients. Study the nutrition labels below.

TASTY TORTILLA TREATS

Nutrition Facts

Serving Size	5 chips
Servings per Container	1
Calories	100
Total Fat	2 grams
Saturated Fat	0 grams
Cholesterol	5 milligrams
Sodium	100 milligrams
Carbohydrate	20 grams
Dietary Fiber	2 grams
Protein	3 grams

Nutty Nuts Peanut Butter

Nutrition Facts

Serving Size	2 tablespoons
Servings per Container	16
Calories	180
Total Fat	15 grams
Saturated Fat	2.5 grams
Cholesterol	0 milligrams
Sodium	40 milligrams
Carbohydrate	6 grams
Dietary Fiber	2 grams
Protein	7 grams

Use the information in the nutrition labels to answer the questions.

1. What is the serving size for tortilla-chips? _____
2. How many calories are in one serving of Nutty Nuts Peanut Butter? _____
3. Which snack has the most sodium per serving? _____
4. Which snack has the most cholesterol per serving? _____
How much more? _____
5. How much more protein does the peanut butter have per serving than the tortilla chips? _____