**Class #1 (Feb. 2nd)**

**Nutritious Snack Class**

Luke is looking for a quick snack to eat when he gets home from school. In his Food and Nutrition Project, he has been learning to select healthy snacks. Help Luke find a nutritious snack.

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| --- | --- | --- | --- |
| 1 | 2 | 3  Toasty 100 Calorie | 4Golden Cheddar Popcorn |
| |  |  |  | | --- | --- | --- | | **Nutrition Facts** | | | | Serving Size: | 1 bar (35g) | | | Servings Per Container: | | 6 | | http://www.drugstore.com/img/spacer.gif | | | | **Amount per Serving** | |  | | http://www.drugstore.com/img/spacer.gif | | | | http://www.drugstore.com/img/spacer.gif | | | | **Calories** Total | 130 |  | | http://www.drugstore.com/img/spacer.gif | | | | from Fat | 45 |  | | http://www.drugstore.com/img/spacer.gif | | | | **Amount per Serving** | | % Daily Value+ | | http://www.drugstore.com/img/spacer.gif | | | | http://www.drugstore.com/img/spacer.gif | | | | **Total Fat** | 5 g | 8% | | http://www.drugstore.com/img/spacer.gif | | | | Saturated Fat | 0.5 g | 3% | | http://www.drugstore.com/img/spacer.gif | | | | **Cholesterol** | 0 mg |  | | http://www.drugstore.com/img/spacer.gif | | | | **Sodium** | 90 mg | 4% | | http://www.drugstore.com/img/spacer.gif | | | | **Potassium** | 100 mg | 3% | | http://www.drugstore.com/img/spacer.gif | | | | **Total Carbohydrate** | 20 g | 7% | | http://www.drugstore.com/img/spacer.gif | | | | Dietary fiber | 4 g | 16% | | http://www.drugstore.com/img/spacer.gif | | | | Soluble fiber | 1 g |  | | http://www.drugstore.com/img/spacer.gif | | | | Insoluble fiber | 3 g |  | | http://www.drugstore.com/img/spacer.gif | | | | Sugars | 6 g |  | | http://www.drugstore.com/img/spacer.gif | | | | **Protein** | 5 g |  | | http://www.drugstore.com/img/spacer.gif | | | |  | | % Daily Value | | http://www.drugstore.com/img/spacer.gif | | | | http://www.drugstore.com/img/spacer.gif | | | | **Vitamin A** | IU | 0 | | http://www.drugstore.com/img/spacer.gif | | | | **Vitamin C** | mg | 0 | | http://www.drugstore.com/img/spacer.gif | | | | **Calcium** | mg | 0 | | http://www.drugstore.com/img/spacer.gif | | | | **Iron** | mg | 4% | | http://www.drugstore.com/img/spacer.gif | | | | |  |  | | --- | --- | | Serving size 1 bar (35g) Servings Per Container Amount per serving | | | Calories 150 | Calories from Fat 40 |  |  |  |  | | --- | --- | --- | | %daily value | | | | Total Fat 4.5g | | 7% | |  | Saturated Fat 2.5g | 12% | |  | Trans Fat 0g |  | |  | Polyunsaturated Fat 1g |  | |  | Monounsaturated Fat 1g |  | |  | Cholesterol 0mg | 0% | | Sodium 115mg | | 5% | | Total Carbohydrate 25g | | 8% | |  | Dietary Fiber 1g | 5% | |  | Sugars 11g |  | | Protein 2g | |  | | Vitamin A | | 0% | | Vitamin C | | 0% | | Calcium | | 10% | | Iron | | 2% |  |  | | --- | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | | 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 | | **Nutrition Facts**   |  |  | | --- | --- | | Serving Size: 1 Pkg (21g/Approx. 11 Crackers) | | | Calories: 100 | Calories from Fat: 50 | |  | | | **Amount per Serving** | **% Daily Value** | | Total Fat   6g | 9% | | Saturated Fat   1.5g | 7% | | Trans Fat   0g | 0% | | Cholesterol   0mg | 0% | | Sodium   180mg | 7% | | Total Carbohydrate   12g | 4% | | Dietary Fiber   1g | 5% | | Sugars   2g |  | | Protein   2g |  | | **Nutrition Facts**   |  |  | | --- | --- | | Serving Size: 1 oz | | | Calories: 160 | Calories from Fat: 100 | |  | | | **Amount per Serving** | **% Daily Value** | | Total Fat   11g | 18% | | Saturated Fat   3g | 16% | | Trans Fat   0g | 0% | | Cholesterol   <5mg | 1% | | Sodium   280mg | 12% | | Total Carbohydrate   13g | 4% | | Dietary Fiber   2g | 8% | | Sugars   2g |  | | Protein   2g |  | |

Comparison

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| --- | --- | --- | --- | --- |
|  | 1  Kashi Trail Mix Chewy Granola Bar | 2  Quaker Blueberry Yogurt Bar | 3  Lance 100 Calorie Toasty Peanut Butter Crackers | 4  Lance Golden Cheddar Cheese Popcorn |
| Calories | 130 | 150 | 100 | 160 |
| Total Fat | 5g | 4.5g | 6g | 11g |
| Saturated Fat | .5g | 2.5g | 1.5g | 3g |
| Sodium | 90mg | 115mg | 180mg | 280mg |
| Total Carbohydrates | 20g | 25g | 12g | 13g |
| Dietary Fiber | 4g | 1g | 1g | 2g |
| Sugar | 6g | 11g | 2g | 2g |

I placed this class of Nutritious Snacks 1 – 3 – 2 – 4.

Luke was looking for a nutritious after school snack. Calories, total fat, saturated fat, sodium, total carbohydrates, dietary fiber and sugar were all factors to consider.

I placed 1 over 3 because 1 the Kashi Trail Mix Chewy Granola Bar was the highest in dietary fiber at 4g. Granted 3 the Peanut Butter Crackers were 30 calories lower and the total carbohydrates were 8 g lower, I criticize that the total fat was 1 g higher, saturated fat was 1g higher and sodium was 90mg higher than the Kashi Granola Bar.

I placed 3 over 2 because 3 the Peanut Butter Crackers were lower in calories at 100 calories per serving . Granted 2 in lower in total fat by 1.5g and lower in sodium by 65g, I criticize that the total carbohydrates are 13g higher, saturated fat is 1g higher and sugar is 9g higher than the Peanut Butter Crackers.

I placed 2 over 4 because 2 is lower in calories at 150 calories per serving. Granted 4 is 12g lower in total carbohydrates and 9g lower in sugar, I criticize that the total fat is 7.5g lower, saturated fat is .5g lower, and sodium is 165mg lower in the Yogurt Bar.

I placed 4 last because it was the highest in calories at 160, total fat at 11g, saturated fat at 3g, and sodium at 280mg.

Therefore I placed this class of Nutritious Snacks 1 – 3 – 2 – 4.