**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 | 3Toasty 100 Calorie | 4Golden Cheddar Popcorn |
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| **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 |

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| --- |
| Serving size 1 bar (35g)Servings Per Container Amount per serving |
| Calories 150 | Calories from Fat 40 |

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| --- |
| %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% |

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|  |  |  |  |
| --- | --- | --- | --- |
|  | 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**

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| --- |
| 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**

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| --- |
| 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 |  |

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Comparison

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| --- | --- | --- | --- | --- |
|  | 1 Kashi Trail Mix Chewy Granola Bar | 2Quaker Blueberry Yogurt Bar | 3Lance 100 Calorie Toasty Peanut Butter Crackers | 4Lance 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.