

Lola's Snack Choices



Lola and her family like to have snacks when they watch television. Recently, she and Mila have noticed that the family has gained too much weight.

Use the Nutrition Facts labels to choose some tasty snacks that are lower in calories. What should the family eat?

Write the number of your choice for each pair in the space between the labels. Then write the number of calories saved by this choice.

1 – Shrimp-flavored Crackers

Nutrition Facts	
Serving Size 1¼ cup (30g)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%

Lower
calorie
choice

Number
of calories
saved

2 – Popcorn (Air Popped)

Nutrition Facts	
Serving Size 1 cup (8g)	
Servings Per Container 4	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

3 – Apple

Nutrition Facts	
Serving Size 1 medium (154g)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 920mg	0%
Total Carbohydrate 0g	8%
Dietary Fiber 0g	16%
Sugars 20g	
Protein 0g	
Vitamin A 0%	• Vitamin C 6%
Calcium 0%	• Iron 0%

Lower
calorie
choice

Number
of calories
saved

4 – Bibingka (Sweet Rice Cake)

Nutrition Facts	
Serving Size 1 slice (273g)	
Servings Per Container 4	
Amount Per Serving	
Calories 890	Calories from Fat 460
% Daily Value*	
Total Fat 51g	78%
Saturated Fat 37g	185%
<i>Trans</i> Fat 0g	
Cholesterol 219mg	73%
Sodium 1940mg	81%
Total Carbohydrate 99g	33%
Dietary Fiber 6g	24%
Sugars 44g	
Protein 15g	
Vitamin A 17%	• Vitamin C 3%
Calcium 105%	• Iron 21%

* Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Lola's Snack Choices *(continued)*

5 – Whole Milk

Nutrition Facts	
Serving Size 236mL (1 cup)	
Servings Per Container 16	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%

Lower
calorie
choice

Number
of calories
saved

6 – Fat-Free Milk

Nutrition Facts	
Serving Size 236mL (1 cup)	
Servings Per Container 16	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%

7 – Chocolate Ice Cream

Nutrition Facts	
Serving Size ½ cup (66g)	
Servings Per Container 16	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 4%

Lower
calorie
choice

Number
of calories
saved

8 – Popsicle

Nutrition Facts	
Serving Size 1 popsicle (88g)	
Servings Per Container 12	
Amount Per Serving	
Calories 45	Calories from Fat 80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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Lola's Snack Choices *(continued)*

9 – Canned Peaches (in Fruit Juice)

Nutrition Facts	
Serving Size ½ cup (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 0g	
Vitamin A 8%	• Vitamin C 2%
Calcium 0%	• Iron 0%

Lower
calorie
choice

Number
of calories
saved

10 – Canned Peaches (in Heavy Syrup)

Nutrition Facts	
Serving Size ½ cup (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 0%

11 – Banana Chips

Nutrition Facts	
Serving Size 1 oz (308g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 78
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%

Lower
calorie
choice

Number
of calories
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12 – Dried Prunes

Nutrition Facts	
Serving Size 5 prunes (1.43 ounces)	
Servings Per Container 14	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 8%	• Vitamin C 0%
Calcium 2%	• Iron 2%

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