Virginia's Snack Choices

Virginia and her family like to have snacks when they watch television. Recently, Virginia has noticed that her family members have gained weight.

Use the food labels to choose some tasty snacks that are lower in calories. What should Virginia serve?

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

1 – Potato Chips

Nutrition Facts
Serving Size 1 oz (28g/about 12 chips)
Servings Per Container 20

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3g	**15%**
Trans Fat 1g	
Cholesterol 0mg	**0%**
Sodium 660mg	**28%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**0%**
Sugars 6g	
Protein 1g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 5%

Lower calorie choice

_____

Number of calories saved

_____

2 – Microwave Popcorn (Light Butter)

Nutrition Facts
Serving Size 1 cup (11g)
Servings Per Container 4

Amount Per Serving	
Calories 20	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	
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 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 4g	**16%**
Sugars 20g	
Protein 0g	
Vitamin A 0% •	Vitamin C 6%
Calcium 0% •	Iron 0%

Lower calorie choice

_____

Number of calories saved

_____

4 – Shortbread Cookies

Nutrition Facts
Serving Size 4 cookies (29g)
Servings Per Container 10

Amount Per Serving	
Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Sugars 6g	
Protein 1g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 2%

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

Virginia's Snack Choices *(continued)*

5 – Whole Milk

Nutrition Facts
Serving Size 1 cup (8 fl oz)
Servings Per Container 8

Amount Per Serving

Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**15%**
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 1 cup (8 fl oz)
Servings Per Container 8

Amount Per Serving

Calories 90 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5 mg	**2%**
Sodium 125mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 8g	

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 0% • Vitamin D 25%

7 – Chocolate Ice Cream

Nutrition Facts
Serving Size 1/2 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 0%

Lower calorie choice _____

Number of calories saved _____

8 – Popsicle

Nutrition Facts
Serving Size 1 piece (52ml)
Servings Per Container 12

Amount Per Serving

Calories 45 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
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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Virginia's Snack Choices *(continued)*

9 – Salsa

Nutrition Facts
Serving Size 2 tbsp
Servings Per Container 28

Amount Per Serving

Calories 15 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 1g	

Vitamin A 2% • Vitamin C 0%
Calcium 0% • Iron 0%

Lower calorie choice

_____

Number of calories saved

_____

10 – Jalapeño Cheese Dip

Nutrition Facts
Serving Size 2 tbsp
Servings Per Container 15

Amount Per Serving

Calories 40 Calories from Fat 25

	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 1g	
Cholesterol 5mg	**1%**
Sodium 300mg	**13%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein less than 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 0%

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