



Kayla's Snack Choices

Kayla and her family like to have snacks when they watch TV. But some family members have gained weight. Use the food labels to choose tasty lower-calorie snacks that Kayla should buy. **Write the number of your choice for each pair in the space between the labels. Then write the number of calories saved as well as total carbohydrates saved.**

1. Potato Chips

Nutrition Facts	
10 servings per container	
Serving size	1 cup or 13 chips (25g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.85g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber < 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0.32mg	2%
Potassium 299mg	6%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

2. Microwave Popcorn

Nutrition Facts	
4 servings per container	
Serving size	1 cup (11g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber < 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	2%
Potassium 20mg	0%

3. Plain Almonds

Nutrition Facts	
12 servings per container	
Serving size	1/4 cup (35.2g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 1mg	6%
Potassium 244mg	6%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

4. Sugar Coated Almonds

Nutrition Facts	
12 servings per container	
Serving size	1/4 cup (48.8g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 5mg	2%
Sodium 5mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 31g	
Includes 29g Added Sugars	58%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 124mg	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.



Kayla's Snack Choices (continued)

5. Canned Peaches (in fruit juice)

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup (125g)
Amount Per Serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 7.5mg	0%
Iron 0.3mg	2%
Potassium 160mg	4%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

6. Canned Peaches (in heavy syrup)

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup (131g)
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 18g Added Sugars	36%
Protein < 1g	1%
Vitamin D 0mcg	0%
Calcium 3.9mg	0%
Iron 0.4mg	2%
Potassium 120mg	2%

7. Chocolate Candy Bar with Caramel and Nuts

Nutrition Facts	
1 servings per container	
Serving size	1 bar (56g)
Amount Per Serving	
Calories	260
<small>% Daily Value*</small>	
Total Fat 12g	15%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 23g	
Includes 21g Added Sugars	42%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 0.9mg	4%
Potassium 249mg	6%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

8. Cereal Bar with Fruits and Nuts

Nutrition Facts	
6 servings per container	
Serving size	1 bar (35g)
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 12g Added Sugars	24%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 3mg	15%
Potassium 66mg	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.