

SNACK COMPARISON WORK SHEET

Snack #1	Snack #2	Snack #3	Snack #4

TOTAL FAT ↓	grams	grams	grams	grams
Saturated (part of total fat)	grams	grams	grams	grams
Trans (part of total fat)	grams	grams	grams	grams
SODIUM ↓	milligrams	milligrams	milligrams	milligrams
FIBER ↑	grams	grams	grams	grams
SUGAR ↓	grams	grams	grams	grams

What snack would you choose?

Why?

What surprised you the most?