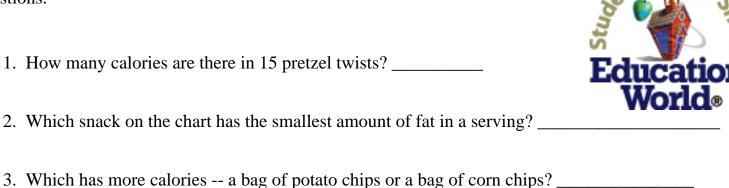
READ A CHART

Name ______ Date _____

How Nutritious Are Your Snacks?

Use the *How Nutritious Are Your Snacks?* chart to help you answer the following questions.



- 4. Which snack on the chart has the most sugar in it? _____
- 5. Which snack is highest in cholesterol? _____
- 6. Which snack has more fat -- 2 cups of popcorn cooked in oil or a vanilla ice cream cone?

For the rest of the questions, compare 2 cups of popcorn to a small (8 ounce) bag of potato chips:

- 7. Which of the two snacks has more calories? _____
- 8. How many more grams of fat does a serving of the chips have? _____
- 9. How many more grams of sugar does popcorn have? _____
- 10. How many more grams of carbohydrates do potato chips have? _____