

Name _____ Date _____

Chapter 13 Lab Investigation: Healthful Snacks

Purpose

In this activity you will practice reading food labels to identify the most healthful snack foods.

Background

To be considered a healthful snack, a food should meet the following requirements:

fat: 7g or less

saturated fat: 2g or less

trans fat: 0g

sugar: 15g or less

sodium: 250mg or less

Materials

your text book

Procedure

- Excerpts from the Nutrition Facts labels of eight snack foods are given below. Read the nutritional information, and then answer the questions that follow.

<p>Chips Nutrition Facts Serving Size 1 oz (28g) Amount Per Serving Calories 140 Calories from Fat 70 Total Fat 8g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 210mg Total Carbohydrate 16g Dietary Fiber 1g Sugars 0g Protein 2g</p>	<p>Pretzels Nutrition Facts Serving Size 1 oz (28g) Amount Per Serving Calories 110 Calories from Fat 10 Total Fat 1g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 340mg Total Carbohydrate 16g Dietary Fiber 1g Sugars 0g Protein 3g</p>	<p>Granola Bar Nutrition Facts Serving Size 1 bar (35g) Amount Per Serving Calories 170 Calories from Fat 80 Total Fat 9g Saturated Fat 2.5g Trans Fat 0g Cholesterol 0mg Sodium 140mg Total Carbohydrate 20g Dietary Fiber 2g Sugars 12g Protein 4g</p>	<p>Cookies Nutrition Facts Serving Size 3 cookies (35g) Amount Per Serving Calories 160 Calories from Fat 70 Total Fat 8g Saturated Fat 2.5g Trans Fat 0g Cholesterol 0mg Sodium 110mg Total Carbohydrate 22g Dietary Fiber <1g Sugars 11g Protein 1g</p>
<p>Packaged Cake Nutrition Facts Serving Size 1 cake (30g) Amount Per Serving Calories 100 Calories from Fat 30 Total Fat 3.5g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 75mg Total Carbohydrate 17g Dietary Fiber <1g Sugars 7g Protein 1g</p>	<p>Fruit Snack Nutrition Facts Serving Size 1 pkg (23g) Amount Per Serving Calories 90 Calories from Fat 5 Total Fat 0.5g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Sodium 10mg Total Carbohydrate 20g Dietary Fiber 0g Sugars 9g Protein 0g</p>	<p>Candy Nutrition Facts Serving Size 4 pieces (41g) Amount Per Serving Calories 210 Calories from Fat 110 Total Fat 13g Saturated Fat 7g Trans Fat 0g Cholesterol 5mg Sodium 40mg Total Carbohydrate 23g Dietary Fiber 2g Sugars 21g Protein 3g</p>	<p>Crackers Nutrition Facts Serving Size 5 crackers (16g) Amount Per Serving Calories 80 Calories from Fat 40 Total Fat 4.5g Saturated Fat 1g Trans Fat 0g Cholesterol 0mg Sodium 105mg Total Carbohydrate 10g Dietary Fiber 0g Sugars 1g Protein <1g</p>

2. Calculate the calories per gram and the fat calories per gram for one serving of each snack food. Record the results below.

	Calories/Grams	Fat Calories/Grams
chips		
pretzels		
granola bar		
cookies		
packaged cake		
fruit snack		
candy		
crackers		

3. Evaluate each snack food and list the factor or factors (fat, saturated fat, trans fat, sugar, sodium) that are out of the range that is considered to be healthy.

chips _____

pretzels _____

granola bar _____

cookies _____

packaged cake _____

fruits nack _____

candy _____

crackers _____

Conclusions

- Which snack food contains:
 - the highest number of calories per gram? _____
 - the lowest number of calories per gram? _____
 - the highest amount of fat calories per gram? _____
 - the lowest amount of fat calories per gram? _____
- List the snack foods that do *not* meet the nutritional requirements for a healthy snack.

- List the snack foods that meet the nutritional requirements for a healthy snack.

