

Name \_\_\_\_\_



## Snack Showdown

**Directions:** Read both food labels carefully. Answer the questions by comparing the information.

### Food Label A

**Product:** Crunchy Trail Bites  
**Serving Size:** 1 pouch  
**Calories:** 180  
**Total Fat:** 7 g  
**Sodium:** 210 mg  
**Total Carbohydrates:** 26 g  
**Sugar:** 14 g  
**Fiber:** 3 g  
**Protein:** 4 g  
**Calcium:** 4 percent daily value  
**Iron:** 6 percent daily value

### Food Label B

**Product:** Power Granola Squares  
**Serving Size:** 1 square  
**Calories:** 140  
**Total Fat:** 5 g  
**Sodium:** 95 mg  
**Total Carbohydrates:** 22 g  
**Sugar:** 8 g  
**Fiber:** 4 g  
**Protein:** 5 g  
**Calcium:** 10 percent daily value  
**Iron:** 8 percent daily value

1. Which product has **more calories** per serving, and how many more calories does it have?
2. Which snack contains **less sugar**, and by how many grams?
3. Which product is the **better source of fiber**? Explain your answer using the numbers.
4. If you are trying to **eat less sodium**, which snack would be the better choice? Why?
5. Which product provides more **protein**, and why might that matter for an active student?
6. Which snack gives more **calcium**, and what could that help your body do?
7. Based on all the information, which snack would you choose for a **healthier daily snack**? Support your answer with at least **two facts from the labels**.