Based on its label, googling for each substance to find out how it affects our health. Calculate the quality of each substance and evaluate which of three products is the healthiest to consume.

Ingredients: Whole Corn, Vegetable Oil (Sunflower, Canola, Corn, and/or Soybean Oil), Maltodextrin (Made From Corn), and Less Than 2% of the Following: Wheat Flour, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Partially Hydrogenated Soybean and Cottonseed Oil, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (including Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Whey Protein Isolate, Corn Syrup Solids, Red and Green Bell Pepper Powder, Sodium Caseinate, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 11 chips)

Amount Per Serving

Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**6%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	

Vitamin A 2%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	
Thiamin 2%	•	Vitamin B6 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

Nutrition Facts

Serving Size 1 oz (28g/About 15 chips)

Amount Per Serving

Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Potassium 350mg	**10%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**5%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 10%	
Calcium 0%	•	Iron 2%	
Vitamin E 6%	•	Thiamin 4%	
Niacin 6%	•	Vitamin B6 10%	
Magnesium 4%	•	Zinc 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

NO	SUBSTANCES	FOR HEALTH		QUANTITY		
		GOOD	BAD	OREO	DORITOS	LAYS
1	Calories					
2	Saturated fat					
3	Trans fat					
4	Cholesterol					
5	Dietary Fiber					
6	Sugar					
7	Protein					
8	Vit D					
9	Vit A					
10	Vit E					
11	Niacin					
12	Magnesium					
13	Thiamin					
14	Calcium					
15	Iron					
16	Potassium					
17	Sodium					