

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.

Nutrition Facts
12 servings per container
Serving size 1 pack
Amount per serving
Calories 130

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	2%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin D 0mg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 40mg	0%

*Percent Daily Values are based on a 

OREO mini

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM AND/OR CANOLA OIL, DEXTROSE, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.



Doritos
Nacho Cheese

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 (Partly 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, Citric Acid, Tomato Powder, Lactose, Spices, Artificial Color (including Yellow 6, Yellow 5, and Blue 1), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Whey Protein Isolate, Corn Syrup Solids, Red and Green Bell Pepper Powders, 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

Lay's
Classic

Potato Chips

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					