

Nutritious Snacks

Cheryl wants the most nutritious snack food for a group of 3rd graders. She needs to feed 10 kids so her budget will allow the purchase of multiple bags if needed. Help Cheryl find a nutritious snack choice.

1. Bugles Original

Servings Per Container	13
Serving Size	1 1/3 cups
Calories	160
Calories from Fat	80
Total Fats	14%
Saturated Fats	40%
Trans Fat	0%
Cholesterol	0%
Sodium	13%
Total Carbohydrates	6%
Dietary Fiber	3%
Sugars	1g
Protein	1g

3. GoldFish

Servings Per Container	28
Serving Size	55 pieces
Calories	140
Calories from Fat	45
Total Fats	8%
Saturated Fats	5%
Trans Fat	0%
Cholesterol	1%
Sodium	10%
Total Carbohydrates	6%
Dietary Fiber	7%
Sugars	1g
Protein	4g

4.

Munchos Potato Crisps

2. KettleCorn

Servings Per Container	10
Serving Size	2 cups
Calories	130
Calories from Fat	45
Total Fats	8%
Saturated Fats	0%
Trans Fat	0%
Cholesterol	0%
Sodium	5%
Total Carbohydrates	7%
Dietary Fiber	8%
Sugars	6g
Protein	1g

Servings Per Container	6
Serving Size	16 crisps
Calories	160
Calories from Fat	90
Total Fats	15%
Saturated Fats	7%
Trans Fat	0%
Cholesterol	0%
Sodium	10%
Total Carbohydrates	5%
Dietary Fiber	3%
Sugars	0g
Protein	1g

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Are the Judges Ready !

I placed this class of Nutritious Snacks 2 - 3 - 1 - 4 .

Cheryl was looking for a nutritious snack to feed 10 third graders. In placing the items, I considered serving per container, dietary fiber, carbohydrates, sodium, fats, and calories.

The class had a close top pair.

I placed 2 Kettle Corn over 3 the GoldFish because the Kettle Corn had 10 servings which was enough with a lot of leftover, 7% total carbohydrates, 8% dietary fiber, 5% sodium, only 8% total fats and 130 calories per serving.

I placed 3 the GoldFish over 1 the Bugles Original because the GoldFish had 28 servings, 6% total carbohydrates, 7% dietary fiber, 10% sodium, 8% total fats and 140 calories per serving.

I placed 1 the Bugles Original over 4 Munchos Potato Crisps because the Bugles had 13 servings, 6% total carbohydrates, 3% dietary fiber, 13% sodium, 14% total fats and 160 calories per serving.

I placed 4 the Munchos Potato Crisps last because the Munchos had 6 servings requiring the purchase for an additional bag, 5% total carbohydrates, 3% dietary fiber, 10% sodium, 15% total fats and 160 calories per serving.

Therefore I placed this class of Nutritious Snacks 2 - 3 - 1 - 4 .

Thanks