

NUTRITION COMPARISON CHART

Collect nutritional information for an apple, potato chips, ice cream and a snack of your choice. Fill out the chart below and write a recommendation for eating one or the the snacks that you investigated.

	APPLE	POTATO CHIPS	ICE CREAM	OTHER
Calories/serving				
Calories from fat				
Total fat				
Cholesterol				
Sodium				
Total Carbohydrates				
Dietary fiber				
Sugars				
Protein				
Vitamin A				
Vitamin B 12				
Vitamin C				
Calcium				
Iron				
Thiamine				
Riboflavin				
Phosphorus				
Potassium				

