

Snack Food Comparison Labels

Low-Sodium Whole-Grain Triscuit		
Nutrition Facts		
Serving Size 55 pieces (30 g/1.1 oz)		
Amount Per Serving		
Calories	140	Calories from Fat 45
		% DV*
Total Fat	5g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Polysaturated Fat	1.5g	
Cholesterol	<5mg	1%
Sodium	250mg	10%
Total Carbohydrate	19g	6%
Dietary Fiber	2g	7%
Sugars	<1g	
Protein	4g	
Calcium 4%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Ingredients: Whole-grain soft white wheat, soybean oil, sea salt

Ritz Bits Cracker Sandwiches Cheese		
Nutrition Facts		
Serving Size 31g Servings per Container about 9		
Amount Per Serving		
Calories	160	Calories from Fat 80
		% DV*
Total Fat	9g	14%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	18g	6%
Dietary Fiber	0g	0%
Sugars	4g	
Protein	2g	
Calcium 0%	•	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Ingredients: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B₁], riboflavin [vitamin B₂], folic acid), soybean and/or palm oil, whey (from milk), sugar, partially hydrogenated cottonseed oil, high-fructose corn syrup, cheddar cheese powder (pasteurized milk, cheese culture, salt, enzymes), sunflower oil, salt, leavening (baking soda and/or calcium phosphate), disodium phosphate (stabilizer), soy lecithin, dried yeast, maltodextrin, artificial color (includes yellow 6), natural flavor, modified tapioca starch, buttermilk, malted barley flour, lactic acid

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2015, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics). Nutrition information retrieved from package and/or company websites on May 6, 2014: Triscuit, www.snackworks.com/products/product-detail.aspx?product=4400002802; Nabisco, www.ritzcrackers.com/en/Varieties/Ritz%20Bits/Cheese.aspx