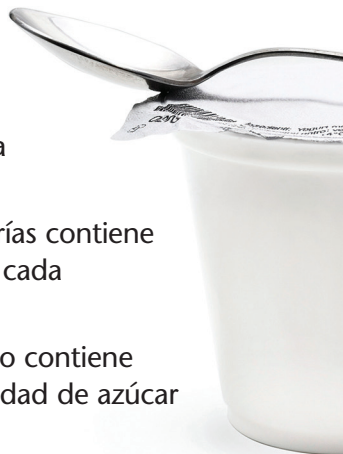


# Comparemos

- ¿Cuál es el tamaño de la ración de cada producto?
- ¿Cuántas calorías contiene una ración de cada producto?
- ¿Cuál producto contiene la mayor cantidad de azúcar adicionada?
- ¿Cuál producto tiene el contenido más bajo en grasa?



## GALLETAS SALADAS

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 1.8mcg	8%
Calcium 200mg	15%
Iron 0mg	0%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## GALLETAS INTEGRALES

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>3/4 cup (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 1.9mcg	10%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 340mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## CREMA DE CACAHUATE

- ¿Cuál producto contiene más grasa saturada?
- ¿Cuál producto contiene más sodio?
- ¿Cuál producto contiene más azúcares añadidos?



Nutrition Facts	
About 35 servings per container	
<b>Serving size</b>	<b>2 tbsp (32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 8g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 180mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## CREMA DE AVELLANAS

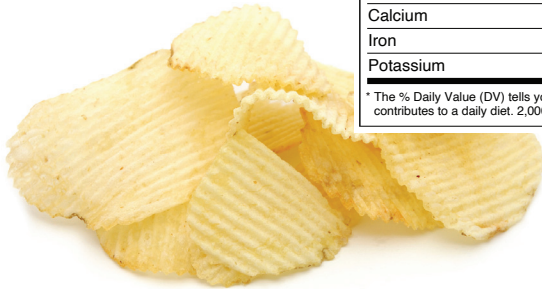


Nutrition Facts	
About 27 servings per container	
<b>Serving size</b>	<b>2 tbsp (37g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 21g	
Includes 19g Added Sugars	<b>38%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 170mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Coma bien en casa

- ¿Cuál tipo de papitas contiene menos calorías?
- ¿Cuál tipo de papitas contiene menos grasa?
- ¿Cuál tipo de papitas contiene menos sodio?
- ¿Cómo cambian estos nutrientes cuando se consume todo el paquete?



## PAPITAS HORNEADAS

<b>Nutrition Facts</b>			
3 servings per container			
<b>Serving size 1oz (28g/About 17 chips)</b>			
	Per serving	Per container	
<b>Calories</b>	<b>120</b>	<b>360</b>	
	% DV*	% DV*	
<b>Total Fat</b>	3.5g <b>4%</b>	10.5g	<b>12%</b>
Saturated Fat	0g <b>0%</b>	0g	<b>0%</b>
Trans Fat	0g	0g	
<b>Cholesterol</b>	0mg <b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	160mg <b>7%</b>	480mg	<b>21%</b>
<b>Total Carb.</b>	22g <b>8%</b>	66g	<b>24%</b>
Dietary Fiber	1g <b>5%</b>	3g	<b>15%</b>
Total Sugars	2g	6g	
Incl. Added Sugars	2g <b>3%</b>	6g	<b>9%</b>
<b>Protein</b>	2g	6g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	10mg 0%	30mg	3%
Iron	0.3mg 0%	.9mg	3%
Potassium	230mg 4%	690mg	12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PAPITAS FRITAS NORMALES

<b>Nutrition Facts</b>			
3 servings per container			
<b>Serving size 1oz (28g/About 15 chips)</b>			
	Per serving	Per container	
<b>Calories</b>	<b>160</b>	<b>480</b>	
	% DV*	% DV*	
<b>Total Fat</b>	10g <b>13%</b>	30g	<b>39%</b>
Saturated Fat	1.5g <b>7%</b>	4.5g	<b>21%</b>
Trans Fat	0g	0g	
<b>Cholesterol</b>	0mg <b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	170mg <b>7%</b>	510mg	<b>21%</b>
<b>Total Carb.</b>	15g <b>6%</b>	45g	<b>18%</b>
Dietary Fiber	1g <b>5%</b>	3g	<b>15%</b>
Total Sugars	<1g	<1g	
Incl. Added Sugars	0g <b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	2g	6g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	10mg 0%	30mg	3%
Iron	0.6mg 2%	2mg	6%
Potassium	350mg 6%	1,050mg	18%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## QUESO TIPO CHEDDAR

- ¿Cuál queso contiene más proteína por porción?
- ¿Cuál queso contiene más calcio?
- ¿Cuál queso tiene la menor cantidad de calorías?
- ¿Cuál queso tiene la menor cantidad de grasa saturada?



<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size 1oz (28g)</b>	
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 20mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## QUESO TIPO CHEDDAR DE GRASA REDUCIDA

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size 1oz (28g)</b>	
Amount per serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 0mg	0%
Potassium 20mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.