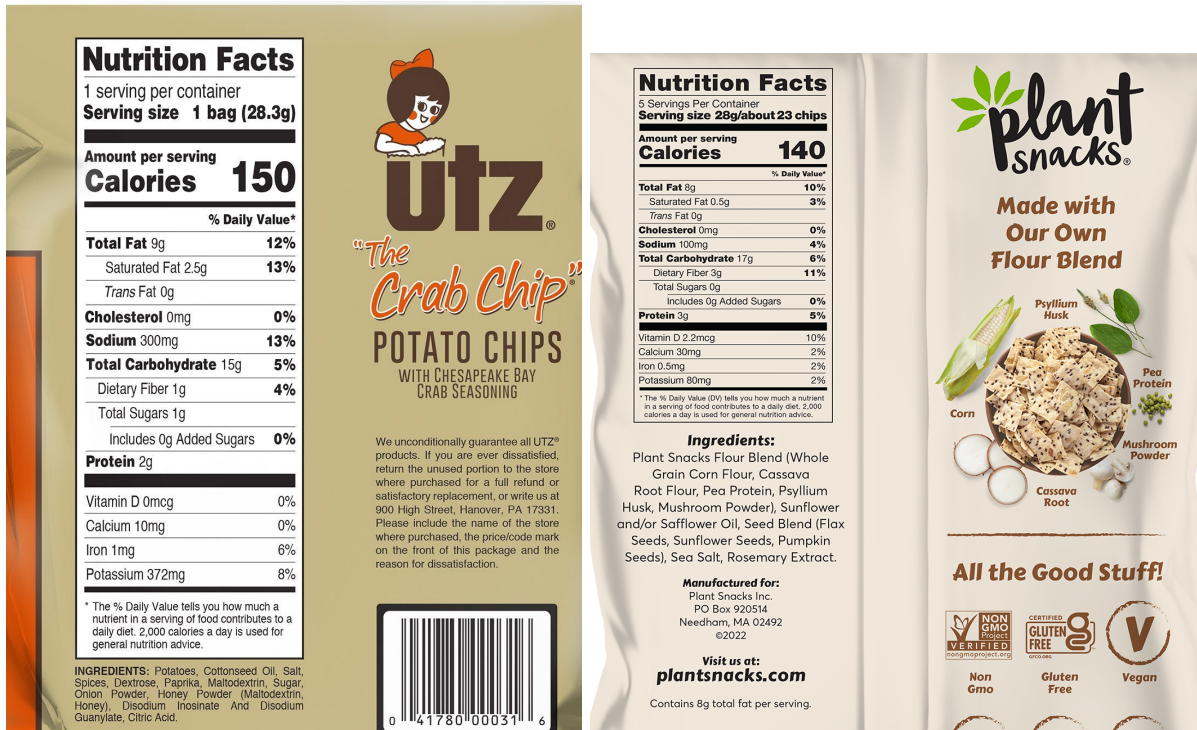


Nutrition Label Table



Use the Nutrition Labels above to fill out the table.

	Serving Size	Calories	Fiber	Protein	Sodium	% Daily Value (DV) Sodium
Potato Chips						
Plant Snacks						

1. Based on the information you put in the table, which chip choice is the healthiest option? Why?
2. How do you know how many servings there are per container/bag of chips? Why does this matter?
3. Are the numbers and percentages on the nutrition label based on the full bag or just one serving?