

ACTIVITY:
Which Snack is the Better-for-You (Healthier) Choice?

CHIPS	Lay's Kettle Cooked Original Chips	Boom Chicka Pop Sea Salt Popcorn
Does this snack meet all guidelines? (Y/N)		
Which do you think is healthier? (check one)		
Notes		

SQUEEZEES	Stonyfield Organic Whole Milk Strawberry Beet Berry	Once Upon a Farm Organic Fruit & Veggie Green Kale & Apples
Does this snack meet all guidelines? (Y/N)		
Which do you think is healthier? (check one)		
Notes		

BARS	EPIC Chicken Sriracha Bar	Luna Keto Brownie Bites Chocolate Peanut Butter
Does this snack meet all guidelines? (Y/N)		
Which do you think is healthier? (check one)		
Notes		