Just looking at a Nutrition Facts label doesn’t always tell us what we’re actually eating. All amounts listed on the label are for one serving – but what if you eat two—or even the whole package! A few simple calculations will help you figure out how many calories or grams of fat are in the servings that you actually consume.

Compare these snack food Nutrition Facts Labels and fill in the information below. Then select which snack you would choose.

### Your serving: 20 twists
- **Serving Size on label:** 10 twists 60g (60g)
- **Calories per serving:** 228
- **Total Fat grams per serving:** 2g
- **Calories in your serving:** 228
- **Total Fat grams in your serving:** 2g

### Your serving: 1 apple
- **Serving Size on label:** 1 medium apple (125g)
- **Calories per serving:** 65
- **Total Fat grams per serving:** 0g
- **Calories in your serving:** 65
- **Total Fat grams in your serving:** 0g

### Your serving: 1/2 cup Trail Mix
- **Serving Size on label:** 1/4 cup 15g
- **Calories per serving:** 150
- **Total Fat grams per serving:** 6g
- **Calories in your serving:** 150
- **Total Fat grams in your serving:** 6g

**Based on your servings:**
- Which snack is the lowest in Total Fat?
- Which snack is the lowest in Saturated Fat?
- Which snack is the lowest in calories?
- Which snack would you choose?