

Which Candy Bar is the Most Nutritious??

Name: _____ # _____

1. How many calories are in each candy bar?

Butterfinger _____

Crunch _____

Kit Kat _____

Reese's _____

Snickers _____

3 Musketeers _____

2. What is the total fat in each candy bar?

Butterfinger _____

Crunch _____

Kit Kat _____

Reese's _____

Snickers _____

3 Musketeers _____

3. How many total "carbs" are in each bar?

Butterfinger _____

Crunch _____

Kit Kat _____

Reese's _____

Snickers _____

3 Musketeers _____

4. How many grams of sugar are in each bar?

Butterfinger _____

Crunch _____

Kit Kat _____

Reese's _____

Snickers _____

3 Musketeers _____

5. How many grams of protein are in each bar?

Butterfinger _____

Crunch _____

Kit Kat _____

Reese's _____

Snickers _____

3 Musketeers _____

6. What percentage of the daily value of calcium does each bar have?

Butterfinger _____

Crunch _____

Kit Kat _____

Reese's _____

Snickers _____

3 Musketeers _____

7. Which candy bar has the least amount of calories?

8. Which candy bar has the greatest amount of calories?

9. Which candy bar has the least amount of total fat?

10. Which candy bar has the greatest amount of total fat?

11. Which candy bar has the least amount of total “carbs”?

12. Which candy bar has the greatest amount of total “carbs”?

13. Which candy bar has the least amount of sugar?

14. Which candy bar has the most amount of sugar?

15. Which candy bar has the least amount of protein?

16. Which candy bar has the greatest amount of protein?

17. Which candy bar has the least percentage of daily calcium?

18. Which candy bar has the greatest percentage of daily calcium?

19. Fill in the chart below with X's.

	Least # of Calories	Least amount of total fat	Least amount of carbs	Least amount of sugar	Greatest amount of protein	Greatest % of daily calcium
Butterfinger						
Crunch						
Kit Kat						
Reese's						
Snickers						
3 Musketeers						

20. Which candy bar is the most nutritious?

Which candy bar is the least nutritious?
