Name _____ Date _____

Pecan Nutrition

This or That?

Pick which snack is healthier and explain why?

1. Nutrition Facts Serving Size ¼ cup (22 units)	**2. Nutrition Facts** Serving Size 1 units
Amount Per Serving	**Amount Per Serving**
Calories 188	**Calories** 178
Total Fat 19.6 g	**Total Fat** 5.26 g
Saturated Fat 1.7 g	Saturated Fat 1.3 g
Trans Fat 0 g	*Trans* Fat 3.6 g
Cholesterol 0 mg	**Cholesterol** 10 mg
Sodium 0 mg	**Sodium** 153 mg
Total Carbohydrate 3.8 g	**Total Carbohydrate** 32.5 g
Dietary Fiber 2.6 g	Dietary Fiber 0.5 g
Sugars 1.1 g	Sugars 25.7 g
Protein 2.5 g	**Protein** 1.37 g

I chose number _____ because . . .