Activity-2

Energy (kcal)	469	56	3
Total Carbohydrates (g)	72	9	
Total Sugars (g)	2.8	0.3	
Added Sugars (g)	2.1	0.3	1
Dietary Fibre (g)	2.7	0.3	
Protein (g)	7.3	0.9	
Total Fat (g)	17	2	3
Saturated Fat (g)	7.7	0.9	4
Mono Unsaturated Fat (g)	7.2	0.9	
Poly Unsaturated Fat (g)	2.1	0.3	
Trans Fat (g)	0.05	0.01	0.3
Cholesterol (mg)	0	0	
Sodium (mg)	900	110	6

Nutritional Information (Approx. Values)	Per 100 g	Per Serve* (20 g)	% RDA per serve
Energy (kcal)	533	107	5.3
Protein (g)	5.8	1.2	-
Carbohydrate (g)	57.4	11.5	-
- Total Sugars (g)	6.0	1.2	-
- Added Sugars (g)	5.2	1.0	2.1
Total fat (g)	31.8	6.4	9.5
- Trans fat (other than naturally occurring trans fat) (g)	0.1	0.02	1.0
- Saturated fat (g)	14.3	2.9	13.0
Sodium (mg)	765.4	153.1	7.7

...al Values	Per 100 g
Energy	559 KCal/2339 KJ
Protein	7 g
Total Carbohydrates	52 g
Dietary Fiber	4 g
Sugar	< 1 g
Total Fat	36 g
Saturated Fat	14 g
Monounsaturated Fat	12 g
Polyunsaturated Fat	10 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	1100 mg
Potassium	1620 mg

↓

NUTRITIONAL INFORMATION (Approx. Values)	Per 100 g	Per serve (20 g)	%RDA per serve
Energy (kcal)	531	106	5.3
Protein (g)	7.1	1.4	-
Carbohydrate (g)	50.5	10.1	-
- Total Sugars (g)	1.5	0.3	-
- Added Sugars (g)	0.8	0.2	0.3
Total fat (g)	33.4	6.7	10.0
- Trans fat (other than naturally occurring trans fat) (g)	0.1	0.02	1.0
- Saturated fat (g)	14.2	2.8	12.9
- Cholesterol (mg)	0.0	0.0	-
Sodium (mg)	824.6	164.9	8.2

Lay's

MAXX

PEPPERY CHEDDAR FLAVOUR

NUTRITIONAL INFORMATION^

Serve Size 20 g — 1.1 Serves in this pack

Nutrients	Per 100 g	%RDA Per Serve
Energy	535 kcal	5%
Protein	6.6 g	
Carbohydrate	53.5 g	
Total Sugars	5.2 g	
Added Sugars	2.5 g	10%
Total Fat	32.7 g	10%
Saturated Fat	12.3 g	11%
Trans Fat	0.1 g	1%
Sodium	672 mg	7%

^Approximate

BINGO!

MAD ANGLES

Nutritional Information (Approx. Values)	Per 100 g	Per Serve# (20 g)	% RDA per serve
Energy (kcal)	538	108	5.4
Protein (g)	6.6	1.3	-
Carbohydrate (g)	57.7	11.5	-
- Total Sugars (g)	3.4	0.7	-
- Added Sugars (g)	2.0	0.4	0.8
Total fat (g)	32.1	6.4	9.6
- Trans fat (other than naturally occurring trans fat) (g)	0.1	0.02	1.0
- Saturated fat (g)	14.8	3.0	13.5
- Cholesterol (mg)	1.0	0.2	-
Sodium (mg)	732.5	146.5	7.3

TAKA-TAK

BINGO!

MAD ANGLES

Nutritional Information (Approx. Values)	Per 100 g	Per Serve# (20 g)	% RDA per serve
Energy (kcal)	528	106	5.3
Protein (g)	6.9	1.4	-
Carbohydrate (g)	59.4	11.9	-
- Total Sugars (g)	4.1	0.8	-
- Added Sugars (g)	3.8	0.8	1.5
Total fat (g)	30.6	6.1	9.1
- Trans fat (other than naturally occurring trans fat) (g)	0.1	0.02	1.0
- Saturated fat (g)	14.4	2.9	13.1
- Cholesterol (mg)	1.0	0.2	-
Sodium (mg)	640.0	128.0	6.4

1. Energy	555 kcal
2. Carbohydrate	53.06 g
Sugar	2 g
3. Total Fat	35.41 g
Saturated Fatty Acid	14.75 g
Trans Fatty Acids	0 g
4. Protein	6.02 g
5. Dietary Fiber	3.76 g
6. Sodium	755 mg
7. Cholesterol	0 mg

Observation:-

Name of the Packaged food Item	Nutritional value [According to carbohydrate, protein, fat & energy required for digestion].
i) BINGO [Tomato flavour]	653.6 grams
ii) TOO YUM!!! KARARE [Munchy Masala]	589.95 grams
iii) MAD ANGLES [Achari Masti]	638.6 grams
iv) MAD ANGLES [Tomato flavour]	648.3 Grams
v) LAYS-MAXX [Pepper cheddar flavour]	647.9 Grams
vi) HALDIRAM [Yaka-Yak]	670.06 Grams
vii) MAD ANGLES [Mmmmmm Masala]	655.7 Grams
viii) BIKAJI-POTATO CHIPS [Onion & cheese flavour]	695 Grams

Conclusion:-

⇒ BIKAJI-POTATO CHIPS has the highest nutritional value.

⇒ And the lowest nutritional value is of TOO YUM!!!