

Strawberry Jam



Healthy. Jams like this one contain carbohydrates which is an excellent source of energy.

Bbq Sauce



Unhealthy. With 340mg of sodium and 12 grams of sugar this makes for a tasty but unhealthy food product

Ranch Dressing



Unhealthy. This ranch dressing is 140 calories and 19% of those calories are from fats such as saturated fat which is not good for you.

Chocolate Hummus

Healthy Chocolate hummus is a sensible way to satisfy a desert craving by dipping fruit in it.



Granola



Healthy With 14% of your daily value of dietary fiber this snack is a great way to get fiber in your diet.

Cocoa Pebbles



Unhealthy. With 10 grams of sugar per serving this cereal is pretty unhealthy.

Hamburger Helper



Unhealthy. This food product contains an absurd amount of sodium, 700mg, making this an unhealthy product.

Chunk light tuna



Healthy. With 10g of protein this tuna makes for an excellence source for your daily protein intake.

Oreo thins



Unhealthy. With 12g of added sugar these cookies make for an unhealthy food product.

Honey roasted deluxed mixed nuts



Healthy. This snack is 190 calories and contains 7g of carbs which makes it a great source of energy.

