

Nutrition and chips ahoy assignment



**ASSIGN
BUSTER**

Oreos are unique because almost all the other cookies have the same taste, but Oreos are different. They are also perfect with cake and ice cream. Also many people do not agree but after reading many nutrition facts and according to statistics Oreos are actually healthier than Chips Ahoy. Oreos are better than Chips Ahoy. When it comes to the nutrition in Oreos and Chips Ahoy, the Oreos are healthier. Oreos and Chips Ahoy have the same amount of calories.

Oreos have seven grams of fat compared to 9 grams of fat in the Chips Ahoy. Oreos have 6% of iron and Chips Ahoy has 4%. Oreos have 2 grams of fat and Chips Ahoy has 2.5 grams of fat. Oreos have 2 grams of protein while Chips Ahoy only has 1 gram -Oreos have 60 calories from fat and Chips Ahoy has 70. Oreos have less Polyunsaturated Fat than Chips Ahoy. Surveys have also proved that Oreos are preferred over Chips Ahoy. For example, a survey taken place in Los Angeles in 2012. One hundred people had participated in that survey. In the survey, a plate containing 20 Oreos were placed in an office and right next to the Oreos was a plate with 20 Chips Ahoy. They left the plates there for two hours. After two hours there was only one Oreo left and there was seven Chips Ahoy left. Thus proving that Oreos are preferred over Chips Ahoy. People do not only buy Oreos because they are less fattening than Chips Ahoy. The real reason why people buy Oreos is because they simply taste better than Chips Ahoy.

Unlike Chips Ahoy, Oreos don't taste salty after you eat them. Your mouth does not feel dry after eating them. Oreos have a unique mixture of two chocolate cookies and a cr?? me center. Chips Ahoy is just cookie dough with some chocolate chips thrown in. A cool thing about Oreos is that their name

is on the cookie, Chips Ahoy does not have that. Not only that but Oreos also come in different flavors and during Halloween and Christmas they have different designs on them. In conclusion, Oreos are better than Chips Ahoy.

Many things especially surveys have proven this statement correct. Once you eat them you'll never go back to Chips Ahoy. No one can resist its creamy smooth center and crunchy chocolaty outside. Overall Oreos are just the better option. Nutrition and Chips Ahoy By yrysryu have 2 grams of protein while Chips Ahoy only has 1 gram . Oreos have 60 calories real reason why people buy Oreos is because they simply taste better than Chips Ahoy.. Unlike Chips Ahoy, Oreos don't taste salty after you eat them.