

Group 1

Vanilla ice cream (4.5 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

Packaged vanilla ice cream cone (9 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

Nonfat plain Greek yogurt with fresh banana slices (0 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

Group 2

Apple (0 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

1 slice of packaged apple pie (3 g saturated fat; 3 g trans fat)

Apple cobbler granola bar (4 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

Group 3

100% whole-wheat toast (1 slice) with natural peanut butter (1 tbsp) (1 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

Peanut butter cracker sandwich pack (1 package of 6 sandwiches) (2 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

Peanut butter sandwich creme cookies (1.5 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

Group 4

Trail mix with raisins and nuts (1 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

Chocolate creme-filled doughnut (10 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

Cinnamon roll with icing (1.5 g saturated fat; 2 g trans fat)

Group 5

Buttered microwave popcorn (2.5 g saturated fat; 5 g trans fat)

Honey barbecue chips (1.5 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

100% whole-wheat crackers (0.5 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

Group 6

Fried chicken microwaveable dinner (6 g saturated fat; 1 g trans fat)

Packaged lunch set with crackers, ham, and cheddar cheese (3.5 g saturated fat; 0 g trans fat; contains partially hydrogenated oil)

Roast turkey (0 g saturated fat; 0 g trans fat; no partially hydrogenated oil)

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).