

# What's in a Snack?

Name \_\_\_\_\_

Look at the snack food labels to find the serving size, the amount of saturated fat grams per serving, the % DV for saturated fat, and the amount of trans fat grams per serving. Record this information in the table.

For foods listing 0 grams of trans fat, look at the ingredients list to see whether the food contains any partially hydrogenated oil. Record your findings (yes or no) in the last column of the table.

**TABLE 6.4** What's in a Snack?

Product name	Serving size	Servings per container	Saturated fat (grams)	% DV for saturated fat	Trans fat (grams)	Partially hydrogenated oil (yes or no)

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).