

Snacking the Fast-Food Way

Name _____

Directions

Using what you know about the sources of saturated and trans fat, look at each set of foods in the following table and place an X in the box next to the food that you believe contains more saturated and trans fat.

TABLE 6.3 Snacking the Fast-Food Way

<input type="checkbox"/> McDonald's apple pie	<input type="checkbox"/> Side salad with Italian dressing
<input type="checkbox"/> McDonald's Apple Slices (skip the caramel dip to cut down on sugar)	<input type="checkbox"/> Large french fries
<input type="checkbox"/> 1 cheeseburger	<input type="checkbox"/> Burger King Whopper with cheese
<input type="checkbox"/> 1 veggie burger	<input type="checkbox"/> Burger King TenderGrill Chicken Sandwich
<input type="checkbox"/> 1 cup 1% milk	<input type="checkbox"/> KFC green beans
<input type="checkbox"/> 1 chocolate milkshake	<input type="checkbox"/> KFC macaroni and cheese
<input type="checkbox"/> 1 beef taco	<input type="checkbox"/> Subway 6" meatball sub
<input type="checkbox"/> 1 cup turkey chili	<input type="checkbox"/> Subway 6" turkey breast sub