

# Be Fat Wise

Name \_\_\_\_\_

## Directions

Graph the saturated fat and trans fat content for each snack food on the list provided by your teacher. Use different colored pencils to graph the saturated fat and the trans fat in each food. If a snack lists 0 grams of trans fat but contains partially hydrogenated oil, count it as having 0.4 grams of trans fat. Then use this information to identify the best and worst snack choices in the group.

1. Which food is the healthiest choice?  
Why?
2. Which food is the unhealthiest choice?  
Why?

Grams	Saturated + trans fat	Saturated + trans fat	Saturated + trans fat	Saturated + trans fat
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				
	Example: snack cake	Food 1:	Food 2:	Food 3:

Example: The snack cake contains 2.5g of saturated fat and 0g of trans fat; however, the cake contains partially hydrogenated oils, so 0.4g of trans fat are included in the graph.

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).