

# Be Fat Wise

The best and worst choices, along with the total grams of unhealthy fat and comments for discussion, are listed in table 6.5.

**TABLE 6.5 Be Fat Wise Solutions**

Group	Best choice (grams saturated + trans fat)	Worst choice (grams saturated + trans fat)	Comments
Group 1	Nonfat plain Greek yogurt with fresh banana slices (0 g)	Packaged vanilla ice cream cone (9.4 g)	The amount of saturated fat in ice cream alone varies by brand and can be 15 g or more per serving. When it's packaged in a cone or with other toppings, other ingredients add additional unhealthy fat and sugar.
Group 2	Apple (0 g)	1 slice of packaged apple pie (6 g)	Piecrusts and other flaky pastries often contain unhealthy fat; commercial piecrusts may also contain partially hydrogenated oil.
Group 3	100% whole-wheat toast with natural peanut butter (1 g)	Peanut butter cracker sandwich pack (2.4 g)	100% whole-wheat toast provides fiber, and peanut butter provides healthy mono-unsaturated fat and is low in saturated fat; the crackers are higher in saturated fat and contain partially hydrogenated oils.
Group 4	Trail mix with raisins and nuts (1 g)	Chocolate creme-filled doughnut (10.4 g)	Trail mix contains healthy fat from nuts and is low in saturated fat (choose varieties with no added sugar or salt). Doughnuts are high in saturated fat and sometimes also contain partially hydrogenated oil.
Group 5	100% whole-wheat crackers (0.5 g)	Buttered microwave popcorn (7.5 g)	100% whole-wheat crackers contain fiber and are low in saturated fat. Some chips, crackers, and other snacks contain partially hydrogenated vegetable oils but in a small enough quantity that the nutrition label says "0 grams trans fat." Some varieties of microwave popcorn still contain large amounts of unhealthy trans fat.
Group 6	Roast turkey (0 g)	Packaged lunch set with crackers, ham, and cheddar cheese (3.9 g)	Packaged lunch sets, especially those that include red and processed meat, have much more saturated fat than lean meat such as poultry.

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).