

Graphing Fat

Name _____

Instructions

Use different colored pencils to graph the saturated fat and the trans fat in your food. If a food has 0 grams of trans fat, read the ingredients list to see if it contains partially hydrogenated oil, and check off the appropriate box.

Graphing Fat 1

Name of food:		
15		
14		
13		
12		
11		
10		
9		
8		
7		
6		
5		
4		
3		
2		
1		
	Grams saturated fat	Grams trans fat
Contains <i>partially hydrogenated oil</i> ? <input type="checkbox"/> Yes <input type="checkbox"/> 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).