

Name _____

Be Fat Wise

Activity 1

Directions: In each group below, put an "X" next to food that has the greatest amount of fat per serving.

<input type="checkbox"/> Ice cream	<input type="checkbox"/> Apple cereal bar
<input type="checkbox"/> Low-fat frozen yogurt	<input type="checkbox"/> Apple pie
<input type="checkbox"/> Bagel	<input type="checkbox"/> Salsa
<input type="checkbox"/> Doughnut	<input type="checkbox"/> Guacamole
<input type="checkbox"/> Potato chips	<input type="checkbox"/> Bologna
<input type="checkbox"/> Pretzels	<input type="checkbox"/> Roast turkey
<input type="checkbox"/> Low-fat chocolate milk	<input type="checkbox"/> Oatmeal cookie
<input type="checkbox"/> Chocolate milkshake	<input type="checkbox"/> Croissant

Examine the list of healthy snack foods below. Based on the information, which food groups offer a variety of low-fat, healthy snack choices?

Snack	Serving size	Fat (grams)	Snack	Serving size	Fat (grams)
Bagel	1	1	Apple	1 medium	<1
Grapes	1 cup	1	Orange	1 medium	<1
Carrots	1/2 cup	<1	Banana	1 medium	<1
Fruit juices	1 cup	<1	Pretzels	1 oz.	2
Low fat yogurt with fruit	1 cup	3	Low fat milk	1 cup	2
Turkey breast	1 slice	<1	Light tuna (in spring water)	2 oz.	1

Adapted from the classroom lessons of *Eat Well & Keep Moving*, 2001.