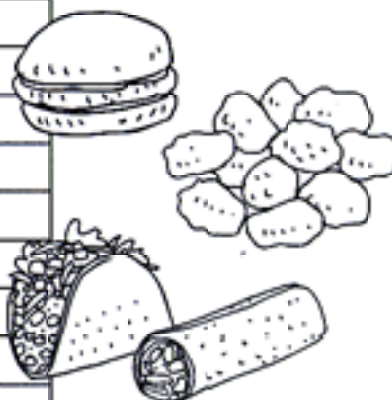


Name: _____

Where's the Fat?

Popular Fast Foods

Food	Total Fat (grams)
Hamburger	9
Quarter-pound hamburger	18
Fried fish filet sandwich	18
Crispy fried chicken	23
Chicken nuggets (10 pieces)	24
Beef soft taco without cheese	8
Beef taco, regular style, without cheese	7
Bean burrito, no cheese	8
Taco salad with <i>ground</i> beef, no cheese	39



1. How many grams of total fat are in a quarter-pound hamburger? _____

2. How many grams of total fat are in a regular hamburger? _____

3. Circle the food with less fat:

- Taco salad OR Beef soft taco
- Bean burrito OR Fried fish filet sandwich
- Crispy fried chicken OR Hamburger

4. List three ways you can make lowfat choices when you're eating out.

1. _____
2. _____
3. _____

