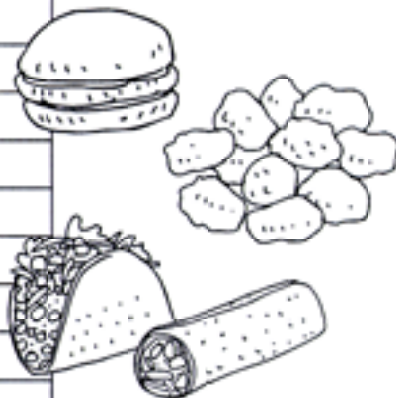


Where's the Fat? Answer Key

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 ground beef, no cheese	39



1. How many grams of total fat are in a quarter-pound hamburger? **Answer: 18 grams**
2. How many grams of total fat are in a regular hamburger? **Answer: 9 grams**
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. Choose grilled (*not fried*)
2. Choose the smaller size (*hamburger versus the quarter-pound hamburger*)
3. Look at nutrition information provided by the restaurant before making your selection.

