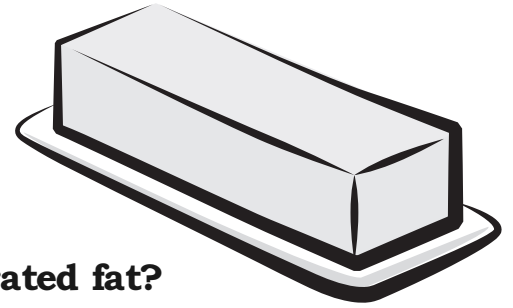


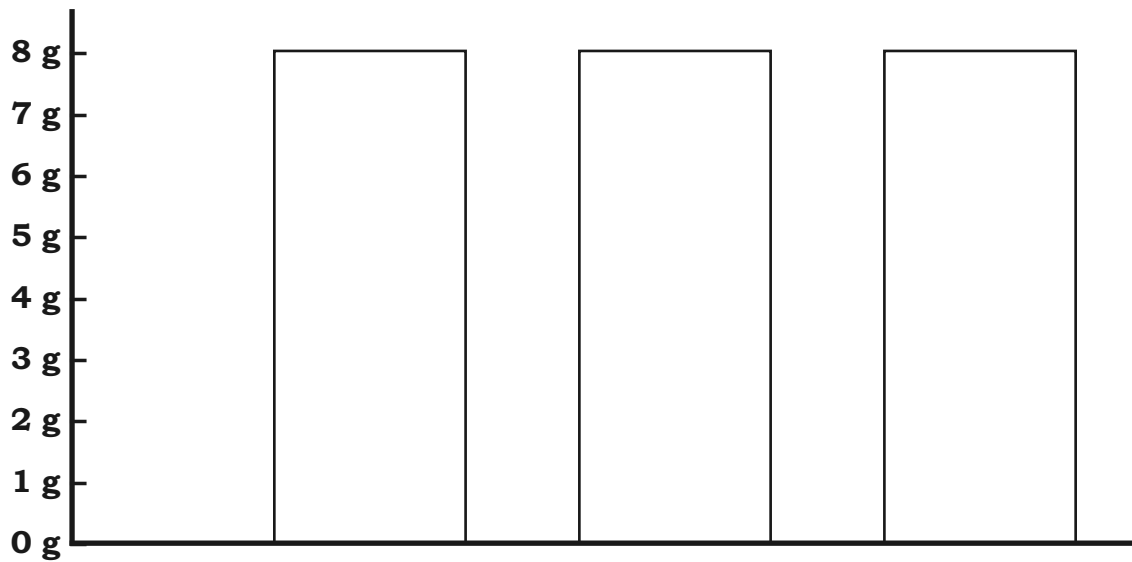
TRY THIS AT HOME:  
**Saturated Fats**



**Are your favorite snack foods low in saturated fat?**

Take three of your favorite snack foods from the refrigerator or pantry. Read the food labels and complete the bar graph for the grams of saturated fat in one serving of each snack food.

**Saturated Fat** (g = grams)



Food: \_\_\_\_\_

Serving Size: \_\_\_\_\_

**Fun Fact**

Be sure to choose a diet that is low in saturated fat and trans fat and moderate in total fat intake. Try these easy ways to eat less saturated and trans fats:

- Choose low-fat milk, cheese and yogurt instead of eating regular dairy products
- Instead of eating fatty meats and fatty processed meats, try buying lean meats and removing any extra fat including the skin of poultry
- Cook with olive oil or canola oil instead of lard, butter or margarine
- Choose fruits and vegetables for snacks instead of chips or cookies