Where Is the Fat in Our Food?

To help you identify common sources of high-fat snacks and foods, you will compare different

types of foods and different serving sizes of the same foods. The purpose of this comparison is to

help you make healthy food choices.

Examples of foods to compare:

commercial French fries and oven-baked fries

varieties of air-popped popcorn

potato chips and other snack foods (baked and fried)

battered deep-fried chicken and broiled or baked chicken

donut and small bagel or English muffin

When determining the amount of fat in two different foods,

note the serving size and ensure you are comparing the same

amount of food (e.g., the same number of grams or mL). Also

note the serving size on the Nutrition Facts label and the size

of the container. Often there are several servings in one

container.

For this food-comparison task, use the information from

Nutrition Facts labels (see example)

comprehensive nutrient tables (e.g., see the Health

Canada reference below)

websites of individual fast food restaurants

* Use myfitnesspal.com website to help

Record your findings in the table provided on the following page. Several examples are provided.

R E F E R E N C E

Comprehensive nutrient tables are provided in the following resource:

Health Canada. Nutrient Value of Some Common Foods. Ottawa, ON: Health Canada, 2008. Available

online at <www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\_value-valeurs\_nutritiveseng.

php>.

*Continued*

\* Source: Health Canada. “Interactive

Nutrition Label and Quiz.” Food and

Nutrition. <www.hc-sc.gc.ca/fnan/

label-etiquet/nutrition/cons/quiz2-

eng.php>.

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Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| **Food Item** | **Serving**  **Size** | **Calories** | **Fat/Serving**  **(g)** | **Notes** |
| *Examples:*  Commercial fries  Home/oven fries | 177 g  173 g | 550  160 | 26 g  trace | I will try making home fries. |
| Bag of potato chips | per 20 chips (50 g)  per bag (275 g) | 270  1485 | 17 g  93.5 g | I will try not to eat the whole bag at one sitting. |
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**Note:** A healthy fat intake for your age is approximately 60 to 65 g/day for females and 80 to 85 g/day for males.

Be sure to include 2 to 3 tablespoons of unsaturated fat each day (e.g., canola or olive oil in salad dressings, small

amounts of mayonnaise in sandwiches).