

Go and Slow Fats

Name: _____

Directions: Sam is reading nutrition labels to find out the fat information for his favorite snacks. Look at the following nutrition labels and answer the questions to help Sam figure out if his favorite snacks have the go fats he needs to be healthy.

SNACK #1:

| Amount Per Serving | | |
|--------------------|------|----------------------|
| Calories | 170 | Calories from Fat 70 |
| %Daily Value* | | |
| Total Fat | 8g | 12 % |
| Saturated Fat | 2.5g | 12 % |
| <i>Trans Fat</i> | 1.5g | |

a) How many total grams (g) of **SLOW fats** are in this food?

b) If Sam has two servings of this food, how many grams (g) of **saturated fat** will he eat?

c) According to the fat content of this food, is this a healthy snack for Sam? Why or why not?

SNACK #2:

| Amount Per Serving | | |
|--------------------|------|-------------------------------|
| Calories | | 170 Calories from Fat 50 |
| %Daily Value* | | |
| Total Fat | 6g | 9 % |
| Saturated Fat | 1.5g | 7 % |
| <i>Trans</i> Fat | 0g | |

Ingredients: partially hydrogenated oil

a) How many grams (g) of the total fat are **NOT** saturated fats? _____

b) If Sam has $\frac{1}{2}$ of a serving of this food, how many grams (g) of **total fat** will he eat?

c) Does this food contain any **trans** fats? How can you tell?

d) Based on the fat content of this food, is this a healthy snack for Sam? Why or why not?

e) If this food has 0.4g of trans fat per serving and you eat three servings, how many grams of trans fat are you eating?

Snack #3

| Amount Per Serving | | |
|--------------------|------|-------------------------------|
| Calories | | 120 Calories from Fat 35 |
| %Daily Value* | | |
| Total Fat | 3.5g | 6 % |
| Saturated Fat | 0.5g | 3 % |
| <i>Trans</i> Fat | 0g | |

- a) Does this food contain more **GO fats** or **SLOW fats**?
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- b) If Sam eats two servings of this food, how many total grams (g) of saturated fat will he eat?
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- c) Based on the fat content of this food, is this a healthy snack for Sam? Why or why not?
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