



Jr. Chef Club II Cooking for Heart Health Lesson 7

Name: _____

Fast Food Picks

1. What's full of fat at the fast food restaurant? Find out when you look at each restaurant's Nutrition Facts Brochure. Look at the number of fat grams in each food and divide by 4 to turn grams into teaspoons.

Food Item	Total Fat in Grams	Total Fat In Teaspoons
Hamburger, regular size	8	= _____
Hamburger, large size	32	= _____
Grilled chicken sandwich	8	= _____
Regular fried chicken sandwich	32	= _____
Fish sandwich	20	= _____
Chicken "nuggets" (6 pieces)	16	= _____
Chicken "nuggets" (10 pieces)	24	= _____
Small French fries	12	= _____
Large size French fries	32	= _____
Caesar salad with grilled chicken	8	= _____
Ranch dressing (1 packet)	16	= _____
Low-fat Italian dressing (1 packet)	4	= _____
Cookie	8	= _____
Milk shake, any flavor (12 ounces)	20	= _____
Nonfat Milk, 8 ounces	0	= _____
Baked apple pie	12	= _____
Fruit and yogurt parfait	2	= _____

2. Now plan a meal using foods from the other side of this sheet. Use only 16 grams (or 4 teaspoons) of fat or less. This is about 1/3 of your daily allowance—because you eat three meals a day plus snacks.

Food Item	Total Grams of Fat
_____	_____
_____	_____
_____	_____
_____	_____

Total	_____

3. Is your total less than 16 grams or 4 teaspoons? If not, make different choices until your meal has 16 grams of fat or less.

Remember, your **total** fat "allowance" for the day is about 65 grams (16 teaspoons) and your **solid** fat "allowance" for the day is only 20 grams (5 teaspoons).

BONUS QUESTION! How much **solid fat** is in the fast foods you like to eat? Look in a Nutrition Facts Brochure or go to a fast food restaurant's web site and look under "Nutrition Information." Look up how much **saturated fat and trans-fat** are in the foods you order. Do they use up a little or a lot of your solid fat "allowance"?

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