



# FNP

## Louisiana's Future: Families and Children

# The Fats of Life

# Activity Sheet

	teaspoons of fat*	suggested lower fat alternative**
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### BREAKFAST

1 egg - fried in	1	-1 (hard cooked egg) <b>OR</b>
1 tsp. bacon grease	1	-2 cereal w/skim milk
1 strip bacon	1	-1 no bacon
1 slice toast	0	
1 tsp. soft margarine	1	
½ cup orange juice	0	
2 cups coffee w/sugar and	0	
2 tbsp. cream	1	-1 (skim milk in coffee)



### SNACK

1 cup coffee w/sugar and	0	
2 tsp. non-dairy creamer	½	-½ (skim milk in coffee)
Doughnut	3	-2 ½ (bagel)



### LUNCH

Hamburger w/cheese (4 oz.meat & 1 oz. cheese)	5	-3 (small hamburger) -2 (small cheeseburger) <b>OR</b> -3 (turkey sandwich)
½ cup french fries	2 ½	-2 ½ (salad)
Chocolate Shake	2	-2 (skim milk)



### SNACK

Cold Drink	0	
Potato chips	2	-2 (air-popped popcorn)

### DINNER

2 pieces fried chicken	6	-4 (broiled chicken w/o skin)
½ cup green beans	0	
1 baked potato w/	0	
1 tsp. margarine	2	-2 (nonfat yogurt topping or fat free sour cream)
1 tbsp. sour cream	2	
Salad ½ cup	0	
2 tbsp. dressing	2	-2 (lemon slice or reduced fat dressing)
Apple pie	3 ½	-3 ½ (baked apple or applesauce)

### SNACK

1 cup whole milk	1 ½	-1 ½ (skim milk)
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### Total Teaspoons of Fat 37

Fat grams	185
Fat calories	1,665
Calories from total menu	3,200
percent calories from fat	52%

\*1 tsp. fat = 5 grams fat and 45 calories

\*\* - (minus sign: subtract appropriate number of teaspoons of fat)



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