

## RM 7–NU: Find the Fat

### 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

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

Nutrition Facts *	
Per container (175 g)	
Amount	% Daily Value
<b>Calories 170</b>	
<b>Fat 4.5 g</b>	<b>7 %</b>
Saturated Fat 3.5 g + Trans Fat 0 g	<b>18 %</b>
<b>Cholesterol 10 mg</b>	
<b>Sodium 85 mg</b>	<b>4 %</b>
<b>Carbohydrate 27 g</b>	<b>9 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 26 g	
<b>Protein 6 g</b>	
Vitamin A 15 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

\* Source: Health Canada. "Interactive Nutrition Label and Quiz." *Food and Nutrition*. <[www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/quiz2-eng.php](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/quiz2-eng.php)>.

### REFERENCE



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\\_nutritives-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-eng.php)>.

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## RM 7–NU: Find the Fat *(Continued)*

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

Food Item	Serving Size	Calories	Fat/Serving (g)	Notes
<i>Examples:</i> Commercial fries Home/oven fries	177 g 173 g	550 160	26 g trace	<i>I will try making home fries.</i>
Bag of potato chips	per 20 chips (50 g) per bag (275 g)	270 1485	17 g 93.5 g	<i>I will try not to eat the whole bag at one sitting.</i>

**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).