

Hank's Letter

Dear Hank,

Hank, over Christmas I noticed that you gained a few pounds. I think that you should cut down on snack foods. Here is a sheet that contains your favorite foods and the percentage of fat for each item. You should cut down on foods that are over 30% of fat as they have been identified in red.

From,
Christopher

Food	Fat Grams Per Serving	Calories per serving	Percent of fat
Bagel	1	240	4%
Cream Cheese	9	110	74%
Hotdog	13	140	84%
Muffin	6	200	27%
Cookies	4.5	130	31%
Pretzels	1	110	8%
Chips	9	140	58%

