

# Investigating Your Health: Fascinating Fats

Name: \_\_\_\_\_

**Objective:** Investigate fats by comparing the nutrients of a typical fast food meal to a healthier option. Identify and evaluate fats in your diet.

**Saturated fat** is usually solid at room temperature. It is a type of dietary fat that typically comes from animal sources. Some examples of foods with saturated fat are milk, beef, chicken, butter, and cheese. Your diet should have no more than 30% total fat. But no more than 7% of your total fat amount should be saturated fat. For example, if you need 1,500 calories, only 105 of them should come from saturated fats (e.g. 1 slice of cheddar cheese). Eating a high amount of saturated fat could increase your risk for heart disease.

**Unsaturated fats** are generally healthier sources of fats. Unsaturated fats are usually liquid at room temperature. There are two types of unsaturated fats: polyunsaturated and monounsaturated. Foods with polyunsaturated fat include soybean oil, corn oil, safflower oil, salmon, herring, trout, walnuts, and sunflower seeds. Some examples of foods with monounsaturated fats are olive oil, canola oil, avocados, peanut butter, and many other nuts and seeds. Replacing saturated fat with unsaturated fat may lower your risk for heart disease.



**Trans fat** is a man-made type of fat that is formed by adding hydrogen atoms to liquid fats, making solid fats. This process is known as hydrogenation. These fats are usually found in fried foods like French fries, and baked foods like cookies, crackers, margarine, and shortening. Eating trans fat increases your risk for heart disease and stroke, and can increase your likelihood of developing type 2 diabetes. *Trans* fat can be found on the Nutrition Facts label. However, foods can advertise that they have 0g of trans fat if the amount of trans fat is less than 0.5g per serving. It is important to read the ingredients list for the words “partially hydrogenated,” indicating the food contains trans fat.

Use the *Try This at Home* recipe to make a healthy dressing to pair with your leafy green vegetables!



## Fast Fats

1. Find and look at the Nutrition Facts for a cheeseburger (about 4 ounces), medium French Fries, and a small soda from your favorite fast food restaurant. Most major fast food restaurants have their nutrition facts listed on their website. If you are unable to find nutrition facts online, use the handout provided by your teacher or access the nutrient database on USDA's website: <http://ndb.nal.usda.gov/ndb/foods/search/list>. Complete the table below.

**Restaurant Name:** \_\_\_\_\_

**Sandwich:** Cheeseburger

**Side Item:** Medium French Fries

**Drink:** Small Soda

	Cheeseburger	French Fries	Soda	Total
Calories	300	380	110	790
Total fat	12g	19g	0g	31g
Trans Fat	0.5g	0g	0g	0.5g
Saturated Fat	6g	2.5g	0g	8.5g

**TEACHER EDITION**

2. Create a second meal with healthier options from the same fast food restaurant. The meal should include a sandwich, side food item, and a drink. Be sure to list sizes for each item!

**Restaurant Name:** \_\_\_\_\_

**Sandwich:** \_\_\_\_\_ *Grilled Chicken*

**Side Item:** \_\_\_\_\_ *Sliced Apples*

**Drink:** \_\_\_\_\_ *Water*

	Sandwich	Side Item	Drink	Total
Calories	350	15	0	365
Total fat	9g	0g	0g	9g
Trans Fat	0g	0g	0g	0g
Saturated Fat	2g	0g	0g	2g

### 3. Which meal is the better option? Why?

The grilled chicken sandwich, apples, and water is healthier because it is significantly lower in calories and fat than the cheeseburger, medium French fries, and small soda.

**TEACHER'S NOTE:** When comparing between two meals, students should find the second meal is lower in calories, total fat, trans fat, and saturated fat. For example, if the second meal consisted of a grilled chicken sandwich, sliced apples, and water it would have fewer calories and fat than the meal with cheeseburger, fries, and soda. Make sure students pay special attention to serving sizes. For example, when first glancing at the food labels provided, students may assume the cheeseburger is a healthier option because it is lower in calories. However, the chicken sandwich is a full three ounces larger than the cheeseburger.

4. On the food label below, circle where trans fat is located on the Nutrition Facts label. Then, looking at the ingredients, determine if the food is truly free of trans fat. If it is not, circle the words that indicate it contains trans fat.

## Walnut Maple Pie

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<u>1 slice</u>
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<b>Calories</b>	<u>320</u>
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<b>Total Fat</b>	<u>20g</u>
Sat. Fat	<u>8g</u>
<i>Trans Fat</i>	<u>0g</u>
<b>Sodium</b>	<u>180mg</u>
<b>Total Carbohydrates</b>	<u>32g</u>
Dietary Fiber	<u>1g</u>
Sugars	<u>20g</u>
<b>Protein</b>	<u>3g</u>
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Vitamin A <u>2</u> %	Vitamin C <u>0</u> %
Vitamin E <u>0</u> %	Calcium <u>35</u> %
Iron <u>4</u> %	Thiamin <u>0</u> %
Niacin <u>3</u> %	Folate <u>0</u> %
Vitamin B <sub>12</sub> <u>0</u> %	Zinc <u>0</u> %
Magnesium <u>0</u> %	

Ingredients: Evaporated milk, modified corn starch, walnuts, natural and artificial flavor, milk, cream, partially hydrogenated soybean oil, cinnamon, salt, artificial flavor, modified food starch.