


Less is Best

CUT

the Fat

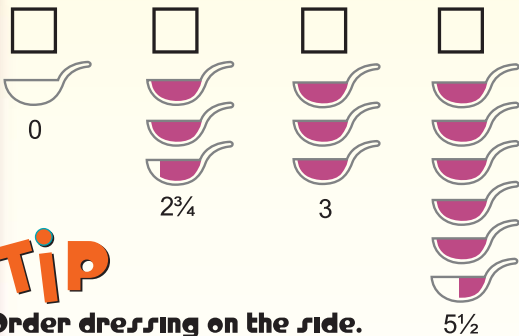


Match the food item to its corresponding fat content (in teaspoons).

Did you know... 1 tsp.  = 4 grams of fat (36 Calories)

Salads

- a) Greek Salad
- b) Garden Salad with Italian Dressing (15 ml or 3 tsp.)
- c) Garden Salad with Vinegar/Lemon Juice and Herbs
- d) Caesar Salad

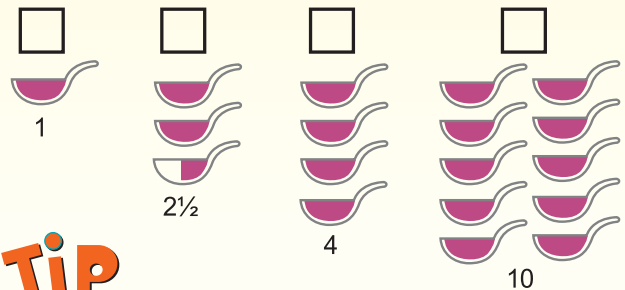


TIP

Order dressing on the side.

Potatoes

- a) French Fries (30 fries)
- b) Roasted Potatoes with Olive Oil and Herbs
- c) Baked Potato with Butter (5 ml or 1 tsp.)
- d) Poutine (30 fries)

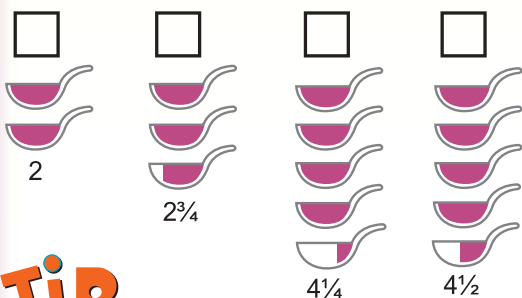


TIP

Pick lower-fat items like baked potatoes more often.

Fast Foods

- a) Fish Burger with Tartar Sauce
- b) Cheese Pizza (2 slices)
- c) Chicken Nuggets (6 pieces)
- d) Hamburger (single patty)

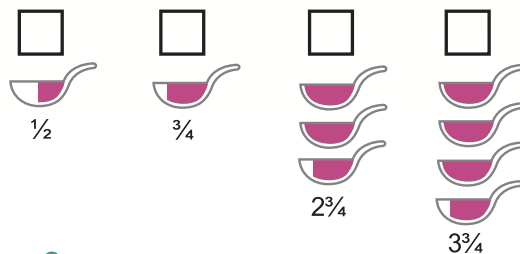


TIP

Choose breaded and deep-fried foods less often.

Snack Foods

- a) Potato Chips (15 chips)
- b) Pretzels (10 twists)
- c) Buttery Microwave Popcorn (500 ml or 2 cups)
- d) Chocolate Bar (50 g)



TIP

Try lower-fat popcorn or baked chips.

Answers: Salads: Greek Salad = 3, Garden Salad with Italian Dressing = 2 3/4, Garden Salad with Vinegar/Lemon Juice and Herbs = 0, Caesar Salad = 5 1/2
Potatoes: French Fries = 4, Roasted Potatoes = 2 1/2, Baked Potato = 1, Poutine = 10
Fast Foods: Fish Burger = 4 1/2, Pizza = 2 3/4, Chicken Nuggets = 4 1/4, Hamburger = 2
Snack Foods: Potato Chips = 2 3/4, Pretzels = 1/2, Popcorn = 3/4, Chocolate Bar = 3 3/4

