

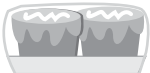







Guess the Fat Activity

Try to guess how much fat (in teaspoons) is found in each food.

Write your answers on the “My Guess” line.

		Teaspoons of Fat	
	Food	My Guess	True Amount
	2 tablespoons coconut milk	_____	_____
	1 tablespoon cream cheese	_____	_____
	2 snack cakes (1 package cupcakes)	_____	_____
	Sardines in olive oil, canned (1 package = about $\frac{1}{3}$ cup)	_____	_____
	2 ounces corned beef, canned (2 ounces = $\frac{1}{6}$ canned corned beef)	_____	_____
	1 guava, fresh	_____	_____
	2 tablespoons coconut oil	_____	_____
	8 ounces soy milk, vanilla	_____	_____