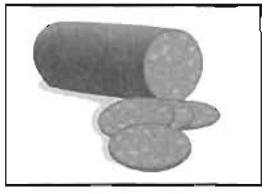
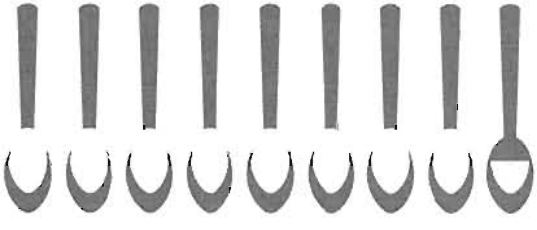
Fat Matters—But Calories Count!

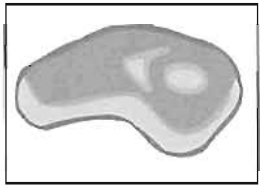


Pork Sausage (3 ounces)

Calories:	300
Total fat:	34 grams
Saturated fat:	9 grams



34 grams of total fat =
8 1/2 teaspoons of fat



Lean Pork Tenderloin
(3 ounces)

Calories:	140
Total fat:	5 grams
Saturated fat:	1 gram

5 grams of total fat =
1 1/2 teaspoons of fat

How Much Sugar and How Many Calories Are in Drinks?

Soft Drink

Soft Drink (12-oz. can)
Calories: 150
Sugar: 41 grams or 10½ tsp.

Diet Soft Drink

Diet Soft Drink (12-oz. can)
Calories: 0
Sugar: 0 grams or 0 tsp.

Rethink Your Drink

If you drink one 12-ounce can of regular soda every day for a year, how much sugar is that in a year?

30 pounds of sugar

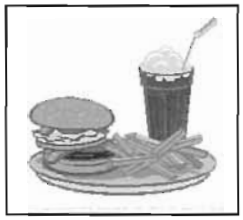
Q: How much weight would a person lose in a year after switching from regular soda to water or calorie-free beverages?

A: About 15½ pounds*

* Based on 150 calories for an average can of soda.

Making the Best Choice:

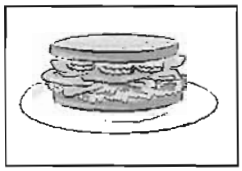
How To Choose a Healthier Fast Food Meal



High-Calorie Menu Choice:

102 grams of total fat = 25 1/2 teaspoons of fat

Food Items	Calories	Total Fat	Saturated Fat
Double meat cheeseburger	1,120	76 g	30 g
Medium french fries	360	18 g	5 g
Medium chocolate milkshake	500	8 g	5 g
Total	**1,980**	**102 g**	**40 g**



Lower-Calorie Menu Choice:

14 grams of total fat = 3 1/2 teaspoons of fat

Food Items	Calories	Total Fat	Saturated Fat
Grilled chicken sandwich, no mayonnaise	330	7 g	1 g
Salad, low-fat dressing	75	5 g	1 g
Low-fat (1%) milk	110	2 g	2 g
Total	**515**	**14 g**	**4 g**

Making the Best Choice:

How To Choose a Healthier Fast Food Meal

- Choose your sandwich without mayonnaise or special sauce.
- Order sandwiches without cheese.
- Choose **not** to supersize.
- Have water, unsweetened iced tea, or a diet soft drink instead of a regular soft drink or a milkshake.
- Choose low-fat or fat-free dressing.
- Plan ahead—have a healthy, low-fat breakfast and lunch if you plan to eat out for dinner.