

Compare the Fat in Different Snacks

Medium Apple with skin

| Nutrition Facts | |
|-------------------------------|---------------------|
| Serving Size 1 Apple | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 95 | Calories from Fat 3 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 2 mg | 0% |
| Total Carbohydrate 25g | 8% |
| Dietary Fiber 4g | 17% |
| Sugars 19g | |
| Protein 0g | |
| Vitamin A 2% | Vitamin C 14% |
| Calcium 1% | Iron 1% |

McDonald's Apple Dippers with Low Fat Carmel Sauce

| Nutrition Facts | |
|-----------------------------------|---------------------|
| Serving Size 1 package with sauce | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 100 | Calories from Fat 5 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 5mg | 0% |
| Sodium 35mg | 2% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 0g | 0% |
| Sugars 15g | |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 310% |
| Calcium 6% | Iron 0% |

McDonald's Baked Hot Apple Pie

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 Pie | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 13g | 19% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 170mg | 7% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 4g | 15% |
| Sugars 13g | |
| Protein 2g | |
| Vitamin A 4% | Vitamin C 25% |
| Calcium 2% | Iron 6% |

1. Which snack has the most calories per serving? _____
2. Which snack has the most grams of sugar per serving? _____
3. Which snack has the least amount of total fat per serving? _____
4. Which snack has the most saturated fat per serving? _____
5. How much unsaturated fat does the Hot Apple Pie contain? _____ *hint: Total fat - Saturated fat*
6. Which snack(s) are healthy for your heart? _____
7. What type of fat is healthy for your heart? _____



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