

Hank's Letter

Dear Hank,

I've heard that you have gained a couple of pounds over Christmas and have decided to go on a diet! Good for you! I have decided to help you on this by creating this worksheet containing information about your favorite foods. It has the snack fat grams per serving, calories per serving, and the percent of fat it has. I recommend that you choose the snacks that have less than 30% of fat. Hope that diet goes well for you! Good luck!

From,
Thomas

Food	Fat Grams per serving	Calories per serving	Percent of Fat
Bagel	1	240	4%
Cream Cheese	9	110	74%
Hotdog	13	140	84%
Muffin	6	200	27%
Cookies	4.5	130	31%
Pretzels	1	110	8%
Chips	9	140	58%



