

# COLOR-CODING FATS

Color all foods containing Saturated Fats **YELLOW**, all foods containing Unsaturated Fats **GREEN** and all foods containing Trans-fats should be colored **RED**. Total # of Saturated Fats: \_\_\_\_\_, Total # of Unsaturated Fats: \_\_\_\_\_, and Total # of Trans-fats: \_\_\_\_\_.

cake  
herring  
eggs  
KFC Fried Chicken  
Slim-Jims  
saftflower oil  
pie  
sunflower oil  
soybean oil  
palm oil  
cheese  
cookies  
shortening  
Oreos  
corn oil  
butter  
coconut oil  
margarine  
ground beef  
peanut oil  
sesame oil  
crackers  
dairy products  
candiestrout  
olive oil  
salmon  
avocados  
canola oil

