

Key

COLOR-CODING FATS

Color all foods containing Saturated Fats RED, all foods containing Unsaturated Fats GREEN and draw a line through all foods containing Trans-fats. Total # of Saturated Fats 7, Total # of Unsaturated Fats 12, and Total # of Trans-fats 10.

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

