



# National Agricultural Library

## HOW MUCH FAT ?

### 1. How much fat is in POTATOES?

½ Wendy's plain baked potato?

- a. ¼ tsp. fat / 1 gram fat
- b. ½ tsp. fat / 2 grams fat

Regular order of french fries?

- a. 2 ¾ tsp. fat / 11 grams fat
- a. 1 ½ tsp. fat / 8 grams fat



½ Wendy's plain baked potato with sour cream?

- a. 3 tsp. fat / 12 grams fat
- b. 1 tsp. fat / 6 grams fat



### 2. How much fat is in SOUPS?

1 cup minestrone soup?

- a. ½ tsp. fat / 2.5 grams fat
- b. 1 tsp. fat / 1.5 grams fat

1 cup cream of mushroom soup

- a. 2 ¼ tsp. fat / 9 grams fat
- b. 1 tsp. fat / 7 grams fat



### 3. How much fat is in SNACKS?

Five (5) fig bars

- a. 1 ¼ tsp. fat / 5 grams fat
- b. 1 tsp. fat / 2 grams fat

Five (5) oreo cookies

- a. 2 ½ tsp. fat / 10 grams fat
- b. 1 tsp. fat / 5 grams fat

### 4. How much fat is in CHICKEN?

1 chicken breast, skinless?

- a. ¾ tsp. fat / 3 grams fat
- b. 1 tsp. fat / 1 gram fat

1 Kentucky Fried chicken breast

- a. 3 tsp. fat / 12 grams fat
- b. 1 tsp. fat / 5 grams fat



### 5. How much fat is in CHEESE?

1 oz. part skimmed mozzarella cheese?

- a. 1 tsp. fat / 4.5 grams fat
- b. 2 tsp. fat / 2 grams fat



1 oz. cheddar cheese

- a. 2 tsp. fat / 8 grams fat
- b. 1 tsp. fat / 4 grams fat

**6. How much fat is in MILK PRODUCTS?**

1/2 cup lowfat frozen yogurt

- a. 1/2 tsp. fat / 2.5 grams fat
- b. 2 tsp. fat / 4 grams fat



1/2 cup rich ice cream

- a. 3 tsp. fat / 12 grams fat
- b. 1 tsp. fat / 6 grams fat

**7. How much fat is in BREAD?**

One (1) bagel

- a. 1/4 tsp. fat / 1 gram fat
- b. 1 tsp. fat / 2 grams fat

One (1) croissant

- a. 3 tsp. fat / 12 grams fat
- b. 4 tsp. fat / 6 grams fat



**8. How much fat is in one plain DQ HOT DOG?**

- a. 4 tsp. fat / 16 grams fat
- b. 2 tsp. fat / 8 grams fat



**For additional information on fat content of foods:**

Fat content in fast foods: <http://dfwmusic.com/fastfood/nonjava1.html>

Food and Nutrition Information Center: <http://www.nal.usda.gov/fnic>

AU: Hurley,-J.; Liebman,-B.

TI: '50's restaurant food--"Happy Days" or "Grease".

SO: Nutr-action-health-lett. [Washington, D.C. : Center for Science in the Public Interest., May 1997. v. 24 (4) p. 1, 10-13.

CN: DNAL TX341.N98

DE: restaurants-. entree-. fats-. food-composition. food-composition-tables.

AU: Flynn,-M.E.

TI: Putting the brakes on fast food's fat content.

SO: Environ-nutr. New York : Environmental Nutrition, Inc., June 1995. v. 18 (6) p. 2.

CN: DNAL TX341.E5

DE: fast-foods. fast-food-restaurants. dietary-fat. nutrient-content.

AU: Baskin,-Rosemary-M.

CA: Consumer Reports Books.

TI: How many calories? how much fat? : guide to calculating the nutritional content of the foods you eat.

SO: Yonkers, N.Y. : Consumer Reports Books, c1991. 372 p.

CN: DNAL TX551.B27-1991

DE: Food-Fat-content-Tables. Food-Caloric-content-Tables.

Answers: All answers are "a" in case you haven't figured it out by now.

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