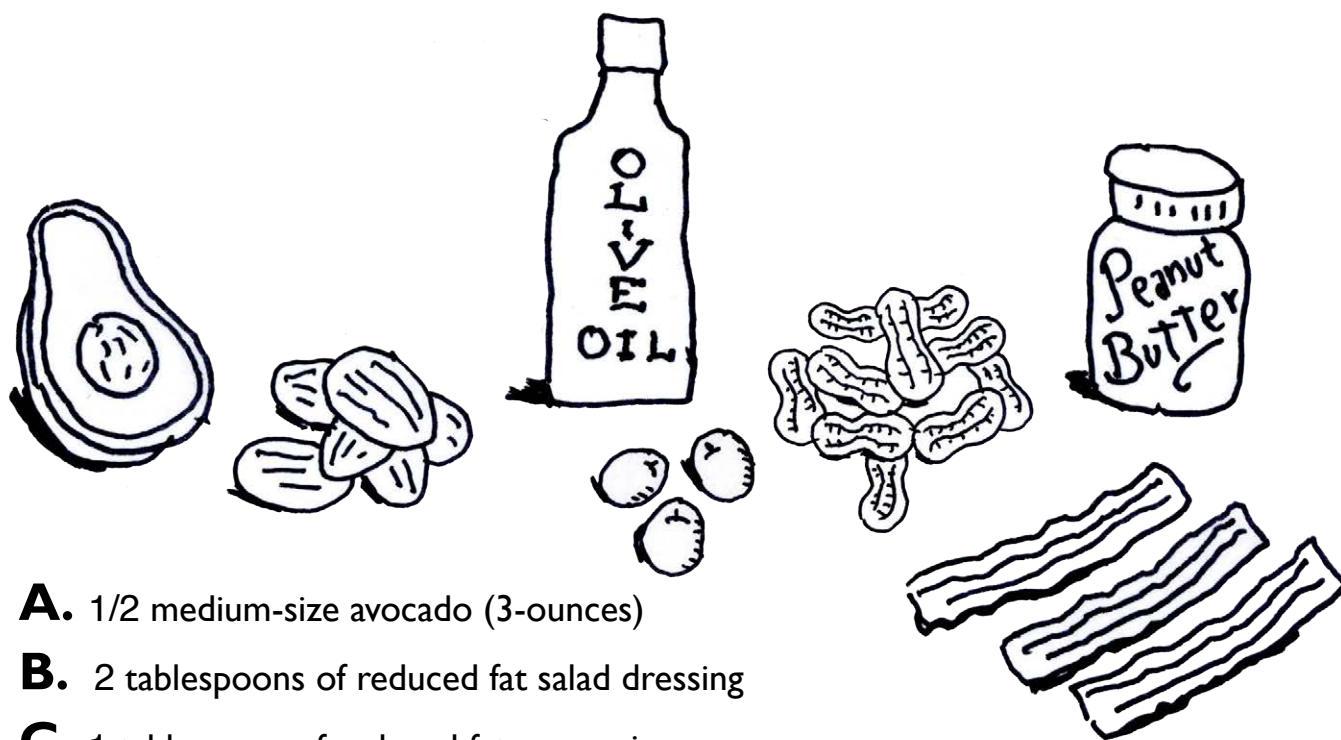


KNOW YOUR FATS

Knowing how much fat you eat can help you control your weight, if you need to, and stay healthy. Below is an easy way to find out how much you know about the amount of fat in common foods many of us eat. Circle only the food servings below that have about 5 grams (one serving) of fat. If you get almost all of them right, great. If not, tell your doctor or diabetes educator you want to learn more about eating healthy fats as part of your meal plan.



- A. 1/2 medium-size avocado (3-ounces)
- B. 2 tablespoons of reduced fat salad dressing
- C. 1 tablespoon of reduced fat mayonnaise
- D. 1 tablespoon of light cream cheese
- E. 1 tablespoon of salad dressing
- F. 3 tablespoons of peanut butter
- G. 1 teaspoon of mayonnaise
- H. 1 tablespoon of cream cheese
- I. 2 tablespoons of sour cream
- J. 1 tablespoon of olive oil
- K. 10 peanuts
- L. 3 slices of bacon
- M. 6 almonds
- N. 1 teaspoon of tub margarine
- O. 1 teaspoon of butter
- P. 3 small olives

ANSWERS: 1 fat serving = 5 grams of fat.
A: 15, B: 5, C: 5, D: 8, E: 5, F: 16, G: 4, H: 5, I: 5, J: 14, K: 5, L: 9, M: 5, N: 5, O: 5, P: 1.5