FAT QUESTION:

Rank the following foods by their fat content











and now guess the fat percentage for each one?



Banana



French fries



Cheddar cheese



Egg



Walnut

Correct order & fat percentage

2%



Banana

44%



French fries

53%



Cheddar cheese

66%



Egg

82%



Walnut

Not all fat is the same

What matters is fat quality

UNSATURATED FATS	SATURATED FATS	HYDROGENATED TRANS FATS
		
GOOD FATS	OK IN MODERATION	BAD FATS

