

Hank's Letter

Dear Hank,

I heard from your friend that you have gained a few pounds during Christmas and you want to eliminate all snacks that contain 30 percent of their calories from fat. So I tried to help you make a chart that shows the calories of all your favorite foods. Hope that can help you.

Your Friend,
Shirley

<i>Food</i>	<i>Fat grams per serving</i>	<i>Calories per serving</i>	<i>Percent of fat</i>
Bagel	1	240	4%
Cream Cheese	9	110	74%
Hotdog	13	140	84%
Muffin	6	200	27%
Cookies	4.5	130	31%
Pretzels	1	110	8%
Chips	9	140	58%

