

# FATS

You will need a can of Crisco or other such shortening, measuring spoons, plates and a fat gram book. The one I used was Fast Food Facts by Marion J Franz

I started out the program with a basic run down on what fat is. I did stress that since things with wt are always changing to say what is good and what is bad is hard to say and that the propose of this program was to make us all aware and make it easier for us to figure out food labels. I know to me seeing something listed as grams doesn't tell me anything.

A gram of fat is approx 1/5 teaspoon I used 1/4 teaspoon of the Crisco explaining that it was just a tad more then the 1/5 I then put out 1 teaspoon of the Crisco as 5 grams of fat is 1 teaspoon and is also one fat exchange in the exchange type diet such as what is listed in the Choice is Yours. Then the fun began :) I told everyone to pretend we were spending the day rummaging and since we needed an early start we would be going to fast food places. For our chapter we started with Burger King and Dunkin Donuts I had the group tell me what they would order typically. I then figured out the calories and the fat grams then converted the fats to teaspoons and tablespoons ( 3 teaspoons is 1 tablespoon) . We went to 4 other restaurants on our trip using 2 for lunch and one for dinner. At each restaurant I also told the chapter what the highest fat item was for that restaurant and what some of the lower fat choices were .Being able to actually see the amts of fat that common items are was a shock to many. We also discussed regular foods such as salad dressing and such. Everyone ended up walking away from the meeting with a better idea of fats and what they are. It got lots of discussion and after looking at our pile of fat I don't think anyone headed to the fast food places after meeting and if they did they were able to make smarter choices. By the way I nearly emptied the 1 pound can of Crisco