

Hank's Letter

Hey Hanks, I notice you gained few extra pounds over Christmas, I suggest that you cut down your snack foods. Under this letter, is a graph of how much fat you take with each food item. You need to eat food that doesn't have over 30% fat, such as muffin, pretzel, and bagel. Well I hope you will make healthy choices after reading this letter!

Sincerely,
Your buddy, Carrie

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

