

Name: _____

Snack Cases Worksheet

Snack Case #1

Snack Name: _____

Calories per serving: _____

Fat per serving: _____

% of Calories from fat: _____

Snack Case #2

Snack Name: _____

Calories per serving: _____

Fat per serving: _____

% of Calories from fat: _____

Snack Case #3

Snack Name: _____

Calories per serving: _____

Fat per serving: _____

% of Calories from fat: _____

Snack Case #4

Snack Name: _____

Calories per serving: _____

Fat per serving: _____

% of Calories from fat: _____

Snack Case #5

Snack Name: _____

Calories per serving: _____

Fat per serving: _____

% of Calories from fat: _____

Snack Case #6

Snack Name: _____

Calories per serving: _____

Fat per serving: _____

% of Calories from fat: _____

1. Were all snacks less than 30% of calories from fat?

2. If not, what could you do during the day to make sure your total calories from fat for the day was less than 30%?