

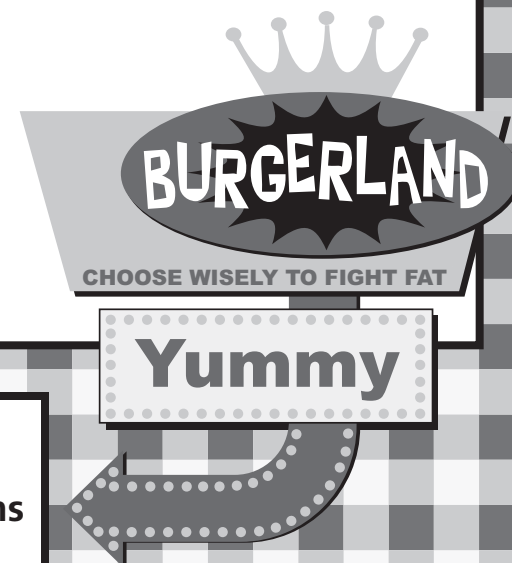
# Fighting the **Fat** in *Fast* Food

## Menu 1

Menu item	Grams of fat
Quarter-pound cheeseburger .....	_____
Medium-size fries .....	_____
Carton of 1 percent chocolate milk ...	_____
<b>Total grams of fat.....</b>	_____

## Menu 2

Menu item	Grams of fat
Cheeseburger.....	_____
Small-size fries.....	_____
Carton of 1 percent chocolate milk ...	_____
<b>Total grams of fat.....</b>	_____



### Fat allowance for an average third grader

Per day.....**66 grams**      Per meal (if eating three meals).....**22 grams**