



HEART HEALTHY

THE BIG FAT DIFFERENCE!!!

For **heart health** we need to be more aware of the fats that are in our diet.
Remember: Between 30 and 60 grams of fat per day is recommended.
Americans often eat over 100 grams of fat per day!
On a food label every 5 grams of fat = 1 teaspoon of lard or shortening!

McDonald's Sausage Egg Biscuit 35g of fat	McDonald's Egg McMuffin 12 g of fat	McDonald's Egg McMuffin-no cheese 8g of fat
8 oz. whole milk 8g of fat	8 oz. 2% milk 5g of fat	8 oz. 1/2% or skim milk 1g or less
Burger King Chicken Sandwich 40g of fat	"BK" Broiler Chicken Sandwich 18g of fat	"BK" Broiler Chicken Sandwich-no sauce 8g of fat
McDonald's Thousand Island Dressing One packet 40g of fat	McDonald's Thousand Island Dressing 1/2 the packet 20g of fat	McDonald's Lite Vinaigrette 1 packet 2g of fat

See more comparisons at calorieking.com.