









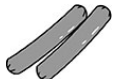











Hidden Fats

Food	Fat Content in Teaspoons*	Total Calories
Potato Chips – ½ large bag (3.75 oz) 	 9 teaspoons	555 calories
Peanuts/Peanut Butter - 1/3 cup – 3 oz. 	 6 teaspoons	285 calories
Cheddar/Commodity Cheese - 3 slices – 3 oz. 	 7 teaspoons	330 calories
Macaroni & Cheese 2 cups, homemade 	 11 teaspoons	860 calories
Bacon - 4 slices 	 4 teaspoons	200 calories
Hot Dogs - 2 hot dogs 	 7 teaspoons	300 calories
Bologna - 3 slices 	 5 teaspoons	225 calories
Hamburger - 2 patties 3 oz. each 	 11 teaspoons	600 calories
Fry Bread - 2 small pieces 	 6 teaspoons	400 calories
Pepperoni & Cheese Pizza - 3 slices 	 9 teaspoons	900 calories

*  = 1 teaspoon of fat

Developed by: Winnebago/Omaha Diabetes Project



Produced by IHS. Division of Diabetes Treatment and Prevention, 1/2012. To order this and other patient education materials, go to www.diabetes.ihs.gov and click on Online Catalog