

Gavin

Hanks's Letter

Dear Hank,

I have recently learned from a freind that you have gained several unwanted pounds since I saw you last at Christmas. Below I have prepared a graph and chart to show you the percentages of fat in your favorite foods. I think it would be a good idea to eat foots that have under 30% of fat, so I highlighted them in red. Happy Dieting!

Sincelely,
Gavin

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%
Pretzels	1	110	8%
Chips	9	140	58%

