



## @THE STORE

VS

## @SCHOOL

Calories - 520  
Total Fat - 26gm  
Sat Fat - 12gm  
Trans Fat - 1.5gm  
Sodium - 1140mg  
Carbs - 42gm  
Fiber - 2gm  
Protein - 30gm

Calories - 335  
Total Fat - 12.5gm  
Sat Fat - 5.5gm  
Trans Fat - 0gm  
Sodium - 652 mg  
Carbs - 33.5gm  
Fiber - 2gm  
Protein - 22gm

The burgers at school have less calories, fat and sodium.

# What are the different kinds of fats, and how do they affect your body?

## Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250      Calories from fat 10

% Daily Value\*

**Total Fat** 4%      4%

Saturated Fat 1.5%      4%

Trans Fat

**Cholesterol** 50mg      28%

**Sodium** 150mg      15%

**Total Carbohydrate** 10g      3%

Dietary Fiber 5g

Sugars 3g

**Protein** 16%

**Vitamin A** 1%    ▪    **Vitamin C** 3%

**Calcium** 2%    ▪    **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Total Fat:** This number indicates how much fat is in a single serving of food. Although too much fat can lead to health problems, our bodies do need some fat every day. Fats are an important source of energy.

**Saturated Fats** are fats that are tightly packed with no double bonds between the fatty acids. These fats can raise "bad" LDL cholesterol in your blood, which can increase the risk of heart disease and stroke.

**Trans Fats** are trans-fatty acids that are manufactured into fats. They may be particularly dangerous for heart health and pose a risk for certain cancers.