

**Nutrition & Wellness for Life © 2012**  
**Chapter 6: The Facts on Fat—Internet Activity**

The *Dietary Guidelines for Americans* provide reliable information and suggestions that can help you stay healthy. Chapter 3 in the *Guidelines* is about foods and food components to reduce. Go to the link below and read what the *Guidelines* have to say. Then answer the questions below, based on what you read.

<http://www.cnpp.USDA.gov/DGAs2010-PolicyDocument.htm>

**Activity Questions:**

1. The *Dietary Guidelines for Americans* say that total fat intake for teens should range between 25 and 35 percent of calories. Why is there a minimum for this range?
2. Find the recommended limit for percent of calories from saturated fatty acids. Calculate the recommended grams of saturated fat for a person who needs 2,200 calories each day.
3. According to Figure 3-4, what are the top five contributors of saturated fat in the American diet other than “All other food categories”? In your diet, what five foods in the table do you think would contribute the most saturated fat?

Name \_\_\_\_\_ Date \_\_\_\_\_

4. Which oils should be used if you wish to limit your intake of saturated fats and *trans* fat?

5. Explain why the *Guidelines* discuss solid fats in addition to saturated and *trans* fatty acids.