

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%

Dear Hank,
 You must cut down on some snacks with a lot of fat. I've noticed that you are are gaining some weight. To help you I made a chart of the percent of fat of each food. You should stay away from cream cheese, hotdog, and chips. These foods have more than 30% of fat and I advise you to stay away. Please take a look at the chart below.

Sincerely, Jacky.

