### A: Total Fat in Snack Foods From Different Food Groups

**Sample:**
- Chips: ____________________________
- Pretzels: _________________________

**Total Fat:**
- Graham crackers: _________________
- Creme-filled sandwich cookies: ______

### B: Ingredients:

**Food 1 — Sugar-coated flake cereal**
- First ingredient listed: ______________
- Second ingredient listed: ____________

**Food 2 — Toasted Oat Cereal**
- First ingredient listed: ______________
- Second ingredient listed: ____________

### C: Compare Grams of Fiber in Foods From the Same Food Group

- White bread: ______________________
- Whole wheat bread: _________________

### D: Calories in Two Forms of the Same Food Per Serving

- Frozen French Fries: ________________
- Plain Potato: ______________________