

### SOURCES OF HYDROGENATED FATS

Check labels and note which of the following foods in your diet contain trans or partially hydrogenated fats. Read labels and look in your cupboards and refrigerator for other foods not mentioned here:

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| <input type="checkbox"/> Margarine                           | <input type="checkbox"/> Nuts and sunflower seeds      |
| <input type="checkbox"/> Vegetable shortenings               | <input type="checkbox"/> Commercial peanut butter      |
| <input type="checkbox"/> Chocolate, carob chips, and candy   | <input type="checkbox"/> Coffee creamers               |
| <input type="checkbox"/> Bread and breadcrumbs               | <input type="checkbox"/> Fancy coffees & hot chocolate |
| <input type="checkbox"/> Crackers                            | <input type="checkbox"/> Microwave popcorn             |
| <input type="checkbox"/> Cookies, snack cakes, etc.          | <input type="checkbox"/> Frozen dinners                |
| <input type="checkbox"/> Snack foods – chips, pretzels, etc. | <input type="checkbox"/> Canned soups                  |
| <input type="checkbox"/> Other                               |  |
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