

% FAT CHART

Count entrees and main dish salads with the following maximum amounts of calories and total fat (30% calories from fat) as healthful choices. Look at the nutritional information listed by each entrée. Find where each entrée falls in the calorie range listed. Then, see if the grams of fat given for that range are equal to or less than the fat content of the entrée. If the fat grams in the entrée are greater than the chart, it is not counted as a healthy option.

Calories	≤ grams of fat
≤ 179	5 grams
180 - 209	6 grams
210 - 239	7 grams
240 - 269	8 grams
270 - 299	9 grams
300 - 329	10 grams
330 - 359	11 grams
360 - 389	12 grams
390 - 419	13 grams
420 - 449	14 grams
450 - 479	15 grams
480 - 509	16 grams
510 - 539	17 grams
540 - 569	18 grams
570 - 599	19 grams
600 - 629	20 grams
630 - 659	21 grams
660 - 689	22 grams
690 - 719	23 grams
720 - 749	24 grams
750 - 779	25 grams
780 - 800	26 grams

If saturated fat data are available, then items must also have no more than 10% saturated fat calories to count as healthful. See chart below:

Calories	≤ grams of saturated fat
≤ 149	1 gram
150 - 239	2 grams
240 - 319	3 grams
320 - 419	4 grams
420 - 499	5 grams
500 - 589	6 grams
Remember, burgers and sandwiches ≤ 650 calories	
590 - 689	7 grams
690 - 769	8 grams
770 - 800	9 grams