

## Hank's Diet

Food	FatGr.PerSer.	Cal.Per.Serv.	Perc. 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,  
I sorted out all of the foods for you. Avoid eating cream cheese, hotdogs, cookies, and chips. Well, try to stay away from the muffins too because it has about 30% fat per serving. From this, I guess you can only eat the pretzels and bagels if you want to go on a diet. Even though you can only eat the bagel and pretzels, the bagel still packs a lot of calories so just don't eat too much of it.

### Fat Grams Per Serving

