Meal #1
Write the number of fat grams for each item in the first meal you choose:

Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________

Add fat grams to find your total for Meal #1: ____________

Meal #2
Write the number of fat grams for each item in the second meal you choose:

Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________
Item __________________________ Fat grams ___________

Add fat grams to find your total for Meal #2: ____________

To find out how much you were able to reduce the amount of fat in your fast food meal, subtract the total fat grams in Meal #2 from the total fat grams in Meal #1:

\[
\text{(Fat in Meal #2)} - \text{(Fat in Meal #1)} = \text{(Total fat grams I reduced)}
\]