

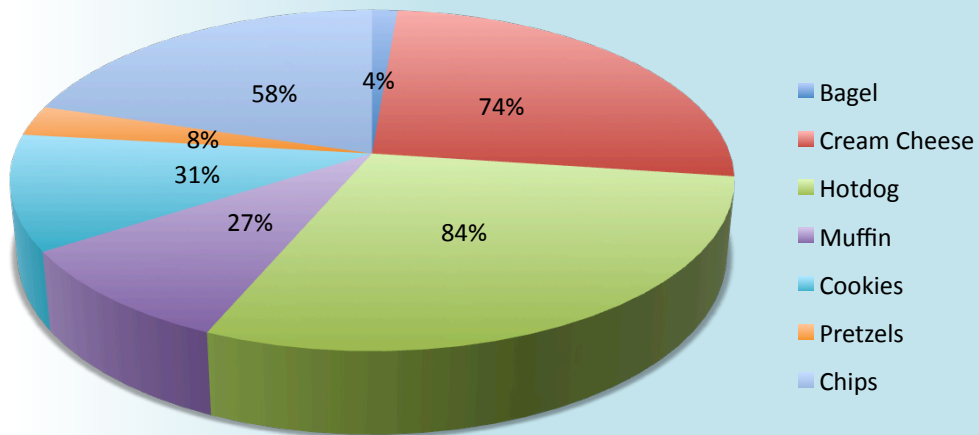
Hank's Letter

Dear Hank,

I heard that you have gained a few pounds over Christmas and decided to go on a diet so I thought of making this chart and graph to help you. This paper contains information on some of the food's fat grams per serving, calories per serving, and percent of fat. I hope this will help you on your journey to lose weight.

Your friend,
Jackson

Food	Fat grams per serving	Calories per serving	Percent 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%



As you can see, this data shows that bagels, muffins, and pretzels have less than 30% fat which means that they will be the best choice for you to lose some weight.