Take Charge of Your Health!

Please Complete our Health Survey on **Fat & Cholesterol**

Name_____ Date: _____

Age group: 5-17 y 18-59 y 60+ y

Gender: F M Ethnicity: _____
(Cultural group, race, self-descriptor)

Location/Site_____

Please take a few moments and complete this short survey. Select and circle your best answer for each question.

1. The number of fat grams (g) is listed on all food labels. T or F

2. The way in which you cook food can change the fat content. T or F

3. Cholesterol is found in all food products. T or F

4. You should limit the fat in your diet to less then 30% of the calories you eat. T or F

5. All fats are bad for your heart. T or F

Thank you for participating. We hope that the presentation gave you some useful information today.

The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu