

3. How many grams of total fat are there in two prepared muffins? _____
4. In one prepared muffin, figure out the
 - a. percent of calories from fat: _____
 - b. percent of calories from carbohydrates: _____
 - c. percent of calories from protein: _____
5. Give one source of complex carbohydrate in this product:
6. Give one source of simple carbohydrate in this product:
7. Name the source of cholesterol in this prepared product:
8. Name and comment on the sources of fat in this prepared product:
9. What alternatives or substitutes could be made in preparing these muffins to make them healthier?
10. What is your overall assessment of this food (i.e., nutritional density; sodium, fat, cholesterol content; types of carbohydrates; fiber content)?