

How to prepare “fat tubes”

“Fat tubes” are a useful visual aid to represent grams of fat in foods. You can use fat tubes along with Nutrition Facts labels to help consumers gain a better understanding of the amount of fat in various foods.

Materials

9 glass test tubes (3" tall, 3/4" diameter)	marking pen
cotton balls	labels with number of grams
1 teaspoon measuring spoon	–one label each for the numbers
1/4 teaspoon measuring spoon	4, 5, 6, 7, and 8
water	–four labels for the number 12

Fill one of the glass test tubes with 1 teaspoon of water and mark the tube with a horizontal line on the outside of the tube. This is your measure: 1 teaspoon = 4 grams.

Add 1/4 teaspoon of water for each additional gram and mark with horizontal lines to measure grams. Mark lines on the test tube for 4, 5, 6, 7, 8, and 12 grams. Dump out the water. Use this tube as a reference to measure and mark the other tubes.

Choose the number of grams you want represented on each one of the tubes and mark a line with pen. Fill each tube with cotton balls up to the line as indicated on the tube. (Hint: use the eraser end of a pencil to stuff the cotton into the test tubes.) Label each one of the tubes with the number of grams it contains.

1 teaspoon	=	4 grams		
3 teaspoons	=	1 tablespoon	=	12 grams
12 teaspoons	=	4 tablespoons	=	1/4 cup = 48 grams*

*Four tubes, each containing 12 grams (1 tablespoon), can be used to show 1/4 cup of fat.

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... and justice for all

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