

Animal derived foods - and their fats**(one gram of fat = 9 calories)****4 oz raw = 3 oz cooked gm sat fat total fat**

chicken wing	4.6	17
thigh	3.7	13
breast	1.9	6.6
rib roast	9.7	24
steak	4.5	10
ground	6.5	17
ground lean	5.3	8-13
pork chops	5.1	14
ham	5.5	7.7
turkey	1.2	3.7
salmon	2.1	11
shrimp	0.3	0.9
tuna	0.3	1

3 oz gm sat fat total fat

ricotta cheese	9.0	14
american cheese	20	30
mozzarella	9.0	13
cottage	0.7	3.6

1 cup gm sat fat total fat

milk 1 %	1.5	2.6
milk 2%	3	4.7
milk whole 3.25%	5	8.2
(3.25% of milk fat by weight is equivalent to 73 fat calories in a glass of whole milk)		
ice cream	22	14
1 egg	1.6	5

Plant derived foods - and their fats**(one gram of fat = 9 calories)**amounts hardly relevant **gm sat fat total fat**

apple	0.1	0.8
almonds or walnuts 1 oz	1.5	15
avocado 1/2	2.2	15
banana	0.2	
beans	0.3	
blueberries	0.1	
brown rice 1 cup cooked	0.4	1.8
Brussels sprouts	0.2	
cabbage	0	
cantaloupe	0.1	
carrots	0	
chili peppers	0	
coconut 1/4 cup	6.0	9.5
dates	0.1	
mango	0.1	
peanuts 1 oz	2	14
persimmon	0	
sweet potato	0	
soy meats	0	

All oils are 100% fat

1 Tbs.	gm sat fat	total gm fat
coconut	11	14
butter	9	14
palm	6	14
peanut	3	14
olive	2	14
corn	2	14
canola	1	14

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