



# Saturated Fat and Cholesterol in Foods

<b>Baked Goods</b>	Sat Fat g	Chol mg
Angel food cake, 1piece	0	0
Apple cobbler, 1 piece	1.2	1
Apple pie, 1/8 of 9" pie	4.8	0
Bagel, plain, small, 1each	0	0
Cake, w/frosting, white, 1piece	4.3	6
Cheese cake, no-bake, 1pc, small	4.0	5
Chocolata chip cookie, 2 small	1.4	6
Cinnamon roll, with icing, 1 piece	1.3	0
Doughnut, raised, glazed, 1ea	3.5	4
Muffin, plain, 1each	1.2	22
<b>Beans</b>		
Black, or Butter, canned, ½ cup	0	0
Garbanzos, boiled, ½ cup	0.2	0
Great Northern, boiled, ½ cup	0.1	0
Kidney, boiled, ½ cup	0.1	0
Lima, baby, boiled, ½ cup	0.1	0
Navy, cooked, ½ cup	0.1	0
Pinto, boiled, ½ cup	0.1	0
Refried, vegetarian, ½ cup	0	0
Soybeans, dry roasted, ½ cup	2.7	0
<b>Breads, Cereals, Grains</b>		
Bagel, plain, small, 1each	0	0
Barley pearled, cooked, ¼ cup	0	0
Biscuits buttermilk, mix, ea avg.	1.9	1
<b>Breads</b>		
Cornbread, 1 pc	2.1	0
Multi-grain, mixed, 1 pc	0.2	0
Oatmeal, 1 pc	0.2	0
Whole wheat, 1 pc	0.3	0
White, 1 pc	0.2	0
Oatmeal, rolled oats, ½ cup	0.4	0
Muffin, plain, 1 each	1.2	22
<b>Pancakes</b>		
Buckwheat, mix, ea, avg.	0.6	20
Buttermilk, ea, avg.	0.7	22
Rice, cooked: Brown, ½ cup	0.2	0
White, enriched, or Wild ½ cup	0	0
<b>Dairy, Eggs</b>		
Cheddar Cheese, 1/4 cup, 1oz	5.9	29
Cottage cheese, regular, 1/2 c	3.5	25
Low-fat, 2% 1/2 cup	2.4	12
Non-fat cheese, 1/4 cup, 1oz	0	5
Cream, heavy whipping, 1T.	3.5	20
Cream, sour cultured, 1T.	1.6	5
Ice cream, vanilla, 1/2 cup	4.5 -10.0	25-95
Whole milk, 1cup	5.6	34
Low-fat milk, 2%, 1 cup	3.0	20
Non-fat milk, 1 cup	0.4	5
Sherbet/Sorbet, 1/2 cup	0	6
Egg, boiled, ea	1.6	212
Fried, ea	1.9	211
Soymilk, 1cup	0.2	0

<b>Fast Foods, Snacks</b>	Sat Fat g	Chol mg
Bean Burrito, Taco Bell, 1ea	4.0	10
Chicken pieces, batter fried, 6pc	4.7	61
Corn chips, plain, 1oz	1.3	0
French fries, vegetable oil, med	5.2	0
Hamburger, plain, 1 med	4.1	35
Potato chips, plain, 1oz	3.1	0
Taco, each, large	17.5	87
Taco salad, 1½ cup	6.8	44
<b>Fruits</b>		
Apple, raw, avg., ea	0.1	0
Applesauce, canned, 1/2 cup	0	0
Apricots, raw, 3, or canned, 1/2 cup	0	0
Avocado, medium, ea	4.5	0
Bananas, each, med	0.2	0
Blackberries, fresh, 1cup	0	0
Blue Berries, fresh, 1 cup	0	0
Cantaloupe, fresh, 1 cup	0.2	0
Cherries, sweet & raw, 1/2 cup	0.2	0
Grapefruit, pink/white & raw, ½	0	0
Grapes, w/o seeds, avg., 1/2 cups	0.1	0
Guava, raw, each, or ½ cup	0.1	0
Honeydew, fresh, 1 cup	0	0
Mangos, raw, each, med	0.1	0
Oranges, Naval or Valencia, med	0	0
Papayas, fresh, each, med	0.1	0
Pears, fresh, each, med	0	0
Pineapple, fresh, chunks, 1 cup	0.0	0
Raisins, seeded, 1/2 cup	0.1	0
Strawberry, fresh, sliced, 1 cup	0	0
<b>Meats</b>		
Bacon, Canadian, grilled, 3 slices	1.8	39
Beef, average prime cuts, 3 oz	7.3	75
Average prime lean, 3 oz	4.4	69
Brain, 3 oz	2.5	1747
Heart, 3 oz	1.4	164
Hot dog, average, ea	5.1	44
Kidney, 3 oz	0.9	329
Lamb, lean, 3 oz	2.8	78
Liver, beef, 3 oz	1.6	331
Liver, calf, 3 oz	2.2	47
Liver, chicken, 3 oz	1.6	537
Pork, lean, 3 oz	3	71
Sausage, 2 slices, 2oz	5.8	44
Sweetbread, 3 oz	7.3	250
Veal, lean, 3 oz	2	93
<b>Nuts &amp; Seeds</b>		
Almonds, whole, blanched, 1oz	1.4	0
Dry roasted, salted, 1oz	1.4	0
Brazil nuts, dried, 1oz	4.5	0
Cashews, dry roasted, salted, 1oz	2.6	0
Oil roasted, salted, 1oz	2.7	0

<b>Coconut</b>	<b>Sat Fat g</b>	<b>Chol mg</b>
Dried, sweetened, shredded, 2Tbs	7.2	0
Fresh, shredded, 2Tbs	5.9	0
<b>Filberts/Hazelnuts</b>		
Dried, 1oz	1.3	0
Dry roasted, salted, 1oz	1.4	0
<b>Flax seeds</b> , 1oz	0.9	0
<b>Macadamia nuts</b> , raw, 1 oz		
Dried or Oil roasted, salted, 1oz	3.2	0
<b>Mixed nuts</b> , oil roasted, 1oz	2.4	0
<b>Peanuts</b>		
Raw, dry or oil roasted, salted, 1oz	1.9	0
<b>Peanut butter</b> , natural, salted, 2Tbs		
Chunky, salted, 2Tbs	3.1	0
Smooth, salted, 2Tbs	3.3	0
<b>Pecans</b> , dried, halves, 1oz	1.5	0
Oil roasted, salted, 1oz	1.6	0
<b>Pine nuts</b> , pignolia, dried, 1oz	2.2	0
Raw, world variety, 1oz	4.0	0
<b>Pistachio nuts</b> , dry roasted, 1oz	1.9	0
<b>Pumpkin seeds</b> , roasted, 1oz	1.0	0
<b>Sesame seeds</b> dried or toasted, 1oz	1.9	0
<b>Sunflower seeds</b> , dry roasted, 1oz		
Raw, 1oz	1.5	0
Oil roasted, 1oz	1.7	0
<b>Walnuts</b> , black, dried, 1oz		
English, dried, 1oz	1.7	0
<b>Oils &amp; Spreads</b>		
<b>Butter</b> , 1Tbs	7.5	33
<b>Margarine</b> , 1Tbs	2.4	0
<b>Canola oil</b> , 1Tbs	0.9	0
<b>Corn oil</b> , 1Tbs	1.8	0
<b>Flaxseed oil</b> , 1Tbs	1.3	0
<b>Olive oil</b> , 1Tbs	1.9	0
<b>Palm oil</b> , 1Tbs	6.9	0
<b>Peanut oil</b> , 1Tbs	2.4	0
<b>Safflower oil</b> , 1Tbs	1.3	0
<b>Sesame oil</b> , 1Tbs	2.0	0
<b>Soybean oil</b> , 1Tbs	2.0	0
<b>Vegetable oil</b> , average, 1Tbs	1.3-2.8	0
<b>Vegetable shortening</b> , 1Tbs	4.0	0
<b>Hummus</b> , 2Tbs	0.3	0
<b>Peanut butter</b> , Old Fashioned, 1Tbs	1.1	0
<b>Poultry</b>		
<b>Chicken</b> , light, roasted, no skin, 3 oz		
Light, batter & fried, 2 pieces	7.8	148
<b>Chicken</b> , dark, roasted, no skin, 3 oz		
Dark, batter & fried, 2 pieces	7.1	166
<b>Chicken</b> , fried, batter, 3oz	3.9	74
<b>Turkey</b> , light roasted, no skin, 3 oz		
Dark, roasted, no skin, 3 oz	2	72
<b>Salad Dressing, Mayo</b>		
<b>Mayonnaise</b> , 1Tbs		
Mayonnaise, light, 1Tbs	1.0	0
<b>Ranch</b> , 1Tbs		
Light, 1Tbs	0.3-1.0	0-2
<b>Thousand Island</b> , 1Tbs	1.0	4

<b>Seafood</b>	<b>Sat Fat g</b>	<b>Chol mg</b>
<b>Abalone</b> , 3 oz	0.3	144
<b>Alaskan King crab</b> , 3 oz	0.1	45
<b>Blue crab</b> , 3 oz	0.2	85
<b>Clams</b> , 3 oz	0.2	57
<b>Flounder</b> , 3 oz	0.3	58
<b>Haddock</b> , 3 oz	0.1	63
<b>Lobster</b> , 3 oz	0.1	61
<b>Mussels</b> , 3 oz	0.7	48
<b>Oysters</b> , 3 oz	1.3	93
<b>Salmon</b> , 3 oz	1.7	54
<b>Scallops</b> , 3 oz	0.1	56
<b>Shrimp</b> , 3 oz	0.2	166
<b>Squid</b> , 3 oz	0.6	400
<b>Tuna</b> , light, canned, water, 3 oz	0.2	25
<b>Vegetables</b>		
<b>Alfalfa sprouts</b> , 1/2 cup	0	0
<b>Artichokes</b> , boiled, ea		
Hearts, marinated, avg., 1/2 cup	0.8	0
<b>Asparagus</b> , raw, avg.	0	0
<b>Broccoli</b> , steamed, spear, 1 cup	0	0
<b>Cabbage</b> , common, raw, 1/2 cup	0	0
<b>Carrots</b> , baby raw, avg., ea	0	0
<b>Celery</b> , raw, avg., 1/2 cup	0	0
<b>Corn</b> , yellow, raw, avg., 1/2 cup		
1 small ear	0.1	0
<b>Cucumber</b> , w/peel, avg., 1/2 cup	0	0
<b>Eggplant</b> , raw, cubes, avg., 1/2 c	0	0
<b>Green beans</b> , boiled, avg., 1/2 c	0	0
<b>Italian string beans</b> , 1/2 cup	0.0	0
<b>Kale</b> , 1/2 cup	0.0	0
<b>Lentils</b> , boiled, avg., 1/2 cup	0.1	0
<b>Lettuce</b> , iceberg, avg., 1 cup		
Loose leaf, avg., 1 cup	0	0
<b>Mushrooms</b>		
Canned, drained, 1/2 cup	0	0
Chanterelle, dried avg., 1/4 cup	0.3	0
Oyster, dried, 1/4 cup	0.2	0
Portabella or Shiitake, raw, 3 oz	0	0
<b>Onions</b> , raw, chopped, 1/2 cup	0	0
<b>Peas</b> , green, boiled, 1/2 cup	0	0
<b>Potato</b> , baked, 1 avg.		
<b>French fries</b> , baked, 20	1.3	0
<b>French fried</b> , veggie oil, med	5.2	0
<b>Hash browns</b> , 1/2 cup	4.3	4
<b>Spinach</b> , 1/2 cup	0.0	0
<b>Squash</b> , summer, 1/2 cup		
Winter, 1/2 cup	0.1	0
<b>Vegetable Protein Foods</b>		
<b>Fry-Chik</b> , soy product, 2 pieces	1.1	2.0
<b>Garden burger</b> , 1 ea	0.6	7.0
<b>Vegetarian hot dog</b> , 1ea	0.1	1.0
<b>Falafel</b> , deep fat fried, 3 balls	1.2	0
<b>Tofu</b> , firm, 1/2 cup	0.5	0
<b>Vegetarian chili</b> , 1cup	0.6	0
<b>Vegetarian beans</b> , 1cup	0.3	0
<b>Lentil soup</b> , 1 cup	0-1.0	0

Source: U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Database for Standard Reference, Release 15, 2004. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp> Form © 2004 LifeLong Health All rights reserved.