

# Cholesterol, fat, and calorie content of common foods

Menu planning helps you take control of your eating habits.

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Food	fat gms	sat. fat	calories	Chol/ mg	Fiber/ gm
<b>Meat, 3.5 ounce servings</b>					
Top round, broiled beef	5	2.5	199	90	0
Sirloin, broiled	6.8	4.6	191	89	0
T-bone steak, broiled	10.4	4.2	214	80	0
Hamburger, lean, broiled	18.5	7.3	272	87	0
Salami, 4 slices	20.1	8.5	254	60	0
Hot dogs, 2	32	13.8	360	69	0
Ham steak, lean	4.2	1.6	122	45	0
Pork tenderloin, roasted	4.8	1.7	166	93	0
Pork shoulder roast, lean	7.0	3.2	170	48	0
Pork rump, roasted	10.7	3.7	221	96	0
Bacon, 2 slices, fried	26	9.7	250	27	0
Sausages, 2 medium links, fried	16	4.8	200	22	0
Leg of lamb, roasted	7.7	4.8	191	89	0
Lamb loin chop, roasted	9.7	3.7	216	95	0
Turkey, roasted					
white meat, no skin	1.2	1.0	140	86	0
white meat, skin	4.6	2.3	164	95	0
dark meat, no skin	4.3	1.6	162	112	0
dark meat, skin	7.1	2.8	182	117	0
Chicken, roasted					
white meat, no skin	4.5	1.0	173	85	0
white meat, skin	10.9	3.1	222	84	0
dark meat, no skin	9.7	2.7	205	93	0
dark meat, skin	15.8	4.4	253	91	0
Halibut, baked or broiled	2.9	0.4	140	41	0
Tuna, baked or broiled	6.3	1.5	184	49	0
Salmon (Chinook), baked or broiled	11	2.9	216	65	0
Lobster	0.6	0.1	98	72	0
Clams, steamed	2	0.2	148	67	0
Clams, breaded and fried	11.2	2.5	202	61	0
Shrimp, steamed	5	0.2	99	195	0

Food	fat gms	sat. fat	calories	Chol/ mg	Fiber/ gm
<b>Dairy products</b>					
Milk, 8 oz. servings					
skim	0.4	0.4	86	4	0
buttermilk	2.2	1.3	99	9	0
low-fat 1%	2.6	1.6	102	10	0
low-fat 2%	4.7	2.9	121	18	0
whole	8.2	5.1	150	33	0
Yogurt, 4 oz. servings					
plain yogurt, skim milk	0.2	0	63	2	0
plain yogurt	2.4	1.0	70	14	0
Soft cheeses, 4 oz. servings					
cottage cheese, low fat	1.2	0.7	82	5	0
cottage cheese, creamed	5.1	3.2	117	17	0
ricotta, part-skim	8.9	6.1	171	34	0
ricotta, whole milk	14.5	10.3	216	57	0
Hard cheeses, 2 oz. servings					
mozzarella, part skim	9	4.8	144	16	0
mozzarella, whole milk	12.2	7.4	160	22	0
Swiss	15.6	10	214	26	0
American processed	17.8	11.2	212	27	0
cheddar	18.8	12	228	30	0
<b>Frozen desserts, 1 cup servings</b>					
sherbet, orange	3.8	2.2	270	14	0
ice milk, vanilla	5.6	3.4	184	18	0
ice cream, vanilla	14.3	9	269	59	0
<b>Eggs</b>					
egg, egg white only	0	0	16	0	0
egg with yolk	5.1	1.6	59	213	0
<b>Fats and oils, 1 tablespoon servings</b>					
canola oil	14	1.0	124	0	0
safflower oil	13.6	1.2	120	0	0
peanut butter	7.9	1.6	94	0	0
corn oil	13.6	1.7	120	0	0
olive oil	13.5	1.8	119	0	0
margarine, soft	11.4	2.0	101	0	0
margarine, stick	11.4	2.0	101	0	0
lard	12.8	5	116	12	0
butter	10.8	2.5	101	31	0
(olive oil and canola oil are generally considered to be the healthiest choices )					

# Cholesterol, fat, and calorie content of common foods

For weight loss, decreased saturated fat and increased physical activity make a good combination.

Food	fat gms	sat. fat	calories	Chol/ mg	Fiber/ gm
<b>Nuts and seeds, 1 oz. servings</b>					
almonds	14.8	1.4	167	0	0
pecans	19.2	1.5	190	0	5
sunflower seeds	14.1	1.4	162	0	2.5
pistachio nuts	13.7	1.7	164	0	0
peanuts	13.8	1.9	159	0	0
walnuts	17.6	1.7	182	0	1
<b>Breads, cereals, pasta, rice, dry peas and beans</b>					
<b>Breads</b>					
corn tortilla, 1	1	0	65	0	0
English muffin, 1	1	0	140	0	1
bagel, 1	2	0	200	0	0
whole wheat bread, 1 slice	1	0	70	0	1
pancake, medium	2	0.5	80	0	0-1
waffle (homemade)	13	2.7	245	0	0-1
hamburger bun	2	0	115	0	0-1
croissant, 1	12	0	235	13	0-1
<b>Cereals, 1 cup servings</b>					
corn flakes	0.1	0	110	0	1
oatmeal, cooked	2.4	0.3	145	0	8
granola	33.1	5.6	595	0	3
<b>Pasta, 1 cup servings</b>					
spaghetti, cooked	0.9	0.1	197	0	3-5
chow mien noodles fried	13.8	2.0	237	5	1.8
<b>Rice, 1 cup servings (cooked)</b>					
white, long grain	0.6	0.2	264	0	.6
brown, long grain	1	0.4	240	0	3
<b>Dry peas and beans, 1 cup servings (canned)</b>					
kidney beans	0.8	0.1	208	0	6
garbanzo beans	2.7	0.3	285	0	6

Food	fat gms	sat. fat	calories	Chol/ mg	Fiber/ gm
<b>Fruits and vegetables, 3.5 oz. servings</b>					
<b>Raw fruit</b>					
peach, 1	0	0	37	0	1.4
orange, 1	0.1	0	62	0	3
apple, 1	0.5	0.1	81	0	2.4
banana, 1	0.5	0.2	105	0	3
avocado, 1	30	4.5	306	0	6
<b>Vegetables, cooked</b>					
carrots, 1/2 cup	0.1	0	35	0	2.6
broccoli, 1/2 cup	0.2	0	23	0	2
potato, 1	0.2	0.1	220	0	1.4
corn, 1/2 cup	1	0.2	89	0	3.4
lettuce 3.5 oz.	0	0	23	0	1
mushrooms 3.5 oz.	0	0	29	0	2
green beans 3.5 oz.	0	0	16	0	2
cauliflower 3.5 oz.	0	0	21	0	2
sweet potato 3.5 oz.	0	0	110	0	3
cabbage	0	0	21	0	.7
<b>Soups, 8 oz. servings</b>					
chicken noodle	2	0.7	70	7	.7
tomato (with milk)	2	1.3	90	17	0
vegetarian vegetable	2	0	80	0	0
clam chowder (with milk)	3	0.4	80	22	1.5
<b>Sweets and snacks</b>					
popcorn, air popped, 1 cup	0	0	30	t	0
angel food cake, 1/12 cake	0	0	125	0	0
pretzels, 1 oz	2	0	110	0	0
vanilla wafers, 5	3.3	0	94	12	0
fig bars, 4	4	0	210	27	0
donut, 1 cake	11	0	226	35	0
potato chips, 1 oz.	10.1	3.1	147	0	0
pound cake, 1/17 cake	5	1.4	110	64	0
chocolate chip cookies, 4 medium size	11	0	185	18	0

Many of the prepared foods we eat contain hidden fat.

## Two-day Fat Gram Log

You can benefit from knowing how much fat, saturated fat, and cholesterol you regularly take in. For the next TWO days keep track of all the food you eat. Do not change your eating patterns during this time. Use this form to write in food, serving size, fat, saturated fat, cholesterol, and calories.

Use the Food Composition list at the end of this section to help determine fat and calorie content. Labels on packaged foods will also give you food composition information. Then you can make a plan to change your eating habits based on your personal eating pattern.

DAY 1					
Sample	Amount	Fat grams	Sat. Fat, gms	Cholesterol, mg	Calories
Breakfast					
<i>Oatmeal</i>	1 cup	2.4	0	0	145
<i>Orange juice</i>	1 cup	.1	0	0	112
<i>Milk, skim</i>	1/2 cup	.2	.2	5	43
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Dinner</b>					
<b>Snacks</b>					
<b>Totals</b>					
Recommended		(        )	(        )		
DAY 2					
	Amount	Fat grams	Sat. Fat, gms	Cholesterol, mg	Calories
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Dinner</b>					
<b>Snacks</b>					
<b>Totals</b>					
Recommended		(        )	(        )		