



Saturated Fat, Total Fat, Cholesterol, and (n-3) Fatty Acids in Foods

Recommended Intakes	Saturated fat	Total fat	Cholesterol	n-3 Fatty Acids
Organizations:				
NIH, NCEP ¹	Less than 7% of total calories	25-35% of total calories	Less than 200 mg/day	Recommend "higher intake of n-3 fatty acids"
NAS, Food and Nutrition Board ² , DRIs	None is needed, keep intake as low as possible	20-35% of total calories, mostly from unsaturated fat	None is needed, keep as low as possible	Alpha-linolenic n-3 fatty acid: Women 1.1 g Men 1.6 g daily

Spreads & Oils	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Butter (1Tbs)	7.5	12.4	33	0.18
Margarine (1Tbs)	2.4	12	0	0.06
Canola Oil (1Tbs)	0.9	14	0	1.3
Corn Oil (1Tbs)	1.8	14	0	0.03
Flaxseed Oil (1Tbs)	1.3	13.6	0	7.3
Olive Oil (1Tbs)	1.9	14	0	0.08
Palm Oil (1Tbs)	6.9	14	0	0.03
Peanut Oil (1Tbs)	2.4	14	0	0
Safflower Oil (1Tbs)	1.3	14	0	0.06
Sesame Oil (1Tbs)	2.0	14	0	0.04
Soybean Oil (1 Tbs)	2.0	14	0	0.95
Vegetable Oil, avg (1Tbs)	1.3-2.8	14	0	0-0.95
Vegetable Shortening , (1Tbs)	4.0	13	0	0.08
Hummus (2Tbs)	0.3	2.6	0	0.068
Peanut Butter , Old fashioned (1Tbs)	1.1	8	0	0.025

Salad Dressing & Mayonnaise	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Mayonnaise (1Tbs)	1.7	11.1	8	0.59
Mayonnaise, light (1Tbs)	1	5	0	-
Mayonnaise, non-fat (1Tbs)	0	0	0	0
Ranch (1Tbs)	1.4	8.7	2	-
Ranch, light (1Tbs)	0.3-1.0	0.7-5.5	0-2	-
Thousand Island (1Tbs)	1	5.7	4	0.4

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Meats-Poultry-Fish	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
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Lean Red Meats

Beef (3 oz)	1.4	4.2	71	-
Lamb (3 oz)	2.8	7.8	78	-
Pork (3 oz)	3	8.6	71	-
Veal (3 oz)	2	4.9	93	-

Organ Meats

Beef liver (3 oz)	1.6	4.2	331	-
Calf liver (3 oz)	2.2	5.9	47	-
Chicken liver (3 oz)	1.6	4.6	537	-
Sweetbread (3 oz)	7.3	21.3	250	-
Kidney (3 oz)	0.9	2.9	329	-
Brain (3 oz)	2.5	10.7	1,747	-
Heart (3 oz)	1.4	4.8	164	-

Poultry (without skin)

Light chicken (roasted) (3 oz)	1.1	3.8	72	-
Dark chicken (roasted) (3 oz)	2.3	8.3	71	-
Turkey, light (roasted) (3 oz)	0.9	2.7	59	-
Turkey, dark (roasted) (3oz)	2	6.1	72	-

Fish

Haddock (3 oz)	0.1	0.8	63	0.22
Flounder (3 oz)	0.3	1.3	58	0.47
Salmon (3 oz)	1.7	7	54	1.88
Tuna, light, canned in water (3 oz)	0.2	0.7	25	0.24

Shellfish (Crustaceans)

Lobster (3 oz)	0.1	0.5	61	0.07
Alaskan King Crab (3 oz)	0.1	1.3	45	0.38
Blue Crab (3 oz)	0.2	1.5	85	0.45
Shrimp (3 oz)	0.2	0.9	166	0.28

Mollusks

Abalone (3 oz)	0.3	1.3	144	0.15
Clams (3 oz)	0.2	1.7	57	0.33
Mussels (3 oz)	0.7	3.8	48	0.7
Oysters (3 oz)	1.3	4.2	93	1.06
Scallops (3 oz)	0.1	1.2	56	0.36
Squid (3 oz)	0.6	2.4	400	0.84

Common Meat, Poultry, Fish

Bacon, Canadian, grilled (3 slices)	1.8	6	39	0.09
Hamburger Patty, avg (ea)	4.1	11.8	35	0.07
Hot Dog, avg (ea)	5.1	14.5	44	0.42
Sausage (2 slices, 2oz)	5.8	16.4	44	0.3
Fried Chicken, batter (3oz)	3.9	14.8	74	0.2
Chicken Light, roasted (3 oz)	1.1	3.8	72	-

Vegetarian Protein Foods	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Fry-Chik , soy chik product (2 pce)	1.1	8	2	-
GardenBurger (1 ea)	0.6	1.9	7	-
Vegetarian Hot Dog (1ea)	0.07	4.4	1	-
Falafel , deep fat fried (3 balls)	1.2	9	0	0.057
Tofu , firm (1/2 cup)	0.5	3.4	0	0.73
Vegetarian Chili (1cup)	0.6	4.1	0	-
Vegetarian Beans (1cup)	0.3	1.1	0	-
Bean Burrito , Taco Bells (1ea)	4	12	10	-
Lentil Soup (1 cup)	0-1.0	0.5-2.0	0	-

Legumes	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Beans,				
Black, canned (1/2 cup)	0	1	0	0.9
Butter, canned (1/2 cup)	0	0	0	0.01
Garbanzo/chickpeas, boiled, avg (1/2 cup)	0.2	2.1	0	0.101
Great Northern, boiled, avg (1/2 cup)	0.1	0.4	0	0.07
Kidney, boiled, avg (1/2 cup)	0.1	0.4	0	0.15
Lima, baby, boiled (1/2 cup)	0.1	0.3	0	0.04
Navy, cooked, avg (1/2 cup)	0.1	0.5	0	0.1
Pinto, boiled, avg (1/2 cup)	0.1	0.4	0	0.09
Refried, vegetarian (1/2 cup)	0	1	0	0.09
Soybeans, dry roasted, avg (1/2 cup)	2.7	18.6	0	1.23

Dairy-Eggs	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Milk				
Whole Milk (1cup)	5.6	89	34	0.13
Low-fat Milk, 2% (1 cup)	3	4.9	20	0.07
Non-fat Milk (1 cup)	0.4	0.6	5	0.01
Cheese				
Cheddar Cheese (1/4 cup-1oz)	5.9	9.3	29	0.1
Non-fat cheese (1/4 cup-1oz)	0	0	5	0
Cottage cheese, reg (1/2 cup)	3.5	5	25	-
Low-fat (2%) cottage cheese (1/2 cup)	2.4	3.8	12	0.03
Ice Cream, Vanilla (1/2 cup)	4.5-10.0	7.3-17.0	25-95	0.11-0.17
Sherbet/Sorbet (1/2 cup)	0	0-0.1	6	0-0.05
Egg				
Boiled (ea)	1.6	5.3	212	0.04
Fried (ea)	1.9	6.9	211	0.06

Nuts & Seeds	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Almonds				
Whole & blanched (1oz)	1.4	14.7	0.11	0.115
Dry roasted, salt (1oz)	1.4	14.4	0.1	0.105
Brazil Nut Dried (1oz)	4.5	18.5	0.22	0.018
Cashews				
Dry roasted, salt (1oz)	2.6	13	0.05	0.047
Oil roasted, salt (1oz)	2.7	13.5	0.05	0.047
Coconut				
Dried, sweetened, shredded (2Tbs)	7.2	8.2	0	0.17
Fresh, shredded (2Tbs)	5.9	6.7	0	0.08
Filberts/Hazelnuts				
Dried (1oz)	1.3	17.5	0	0.04
Dry roasted, salted (1oz)	1.4	18.6	0	0.04
Flax Seeds (1oz)	0.9	9.5	0	5.06
Macadamia Nuts				
Dried (1oz)	3.1	20.6	0	-
Oil roasted, salted (1oz)	3.2	21.4	0	-
Raw (1oz)	1.7	19.7	0	-
Mixed nuts , oil roasted (1oz)	2.4	15.8	0	0.05
Peanuts				
Raw (1oz)	1.9	13.8	0	0.027
Dry roasted, salted (1oz)	1.9	13.9	0	-
Oil roasted, salted (1oz)	1.9	13.8	0	-
Peanut Butter				
Natural, salted (2Tbs)	2.2	15.9	0	0.025
Chunky, salted (2Tbs)	3.1	16	0	0.02
Smooth, salted (2Tbs)	3.3	16.3	0	0.02
Pecans				
Dried, halves (1oz)	1.5	18.9	0	0.19
Oil roasted, salted (1oz)	1.6	19.9	0	0.2
Pine Nuts				
Pignolia, dried (1oz)	2.2	14.2	0	0.18
Raw, World variety (1oz)	4	17.9	0	-
Pistachio Nuts , dry roasted (1oz)	1.9	14.8	0	0.08
Pumpkin Seeds , roasted (1oz)	1	5.4	0	0.02
Sesame Seeds				
Dried, whole (1oz)	1.9	13.9	0	0.11
Toasted, salted (1oz)	1.9	13.4	0	0.1
Sunflower Seeds				
Dry roasted, salted (1oz)	1.5	13.9	0	0.02
Kernels, dry (1oz)	1.5	13.9	0	0.02
Oil roasted, salted (1oz)	1.7	16.1	0	0.02
Walnuts , black, dried (1oz)	1	15.8	0	0.93
Walnuts , English, dried (1oz)	1.7	18.5	0	2.57

Grains-Cereals-Breads	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Bagel , plain, small (1each)	0	0.8	0	-
Barley Pearled, cooked (1/4 cup)	0	0.2	0	0.01
Biscuits Buttermilk , mix (ea avg.)	1.9	12.7	1	0.33
Breads				
Cornbread (1pce)	2.1	5.6	0	-
Multi-Grain, mixed (1pce)	0.2	1	0	0.02
Oatmeal (1pce)	0.2	1.2	0	0.03
Whole Wheat (1pce)	0.3	1.2	0	0.01
White (1pce)	0.2	1.1	0	0.01
Oatmeal-rolled oats (1/2cup)	0.4	1.9	0	-
Muffin , plain (1each)	1.2	6.5	22	0.38
Pancakes				
Buckwheat, mix (ea, avg.)	0.6	2.3	20	0.09
Buttermilk, (ea, avg.)	0.7	3.5	22	0.2
Rice , cooked				
Brown (1/2cup)	0.2	0.8	0	0.01
White, enriched (1/2 cup)	0	0.2	0	0.01
Wild (1/2 cup)	0	0.3	0	0.08

Baked goods	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Choc. Chip Cookie (2 sm)	1.4	4.6	6	-
Doughnut , raised/Glazed (1ea)	3.5	13.7	4	0.09
Angle Food Cake (1pce)	0	0.1	0	0
Cinnamon Roll , Pillsbury w/icing (1 pce)	1.3	5.2	0	-
Bagel , plain, small (1each)	0	0.8	0	-
Muffin , plain (1each)	1.2	6.5	22	0.38
Apple Cobbler (1 pce)	1.2	6.4	1	0.15
Apple Pie (1/8 of 9"pie)	4.8	13.8	0	0.15
Cake , w/frosting, white (1pce)	4.3	9.6	6	0.09
Cheese Cake , no-bake, Jell-o (1pce,small)	4	12	5	-

Vegetables	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Alfalfa Spouts (1/2 cup)	0	0.1	0	0.03
Artichokes				
Boiled (ea)	0	0.2	0	0.02
Hearts, marinated, avg (1/2 cup)	0.8	5.2	0	0.37
Asparagus , raw, avg	0	0.1	0	0
Broccoli , steamed (1/2 cup)				
Spear (1ea, aprox. 1cup)	0	0.6	0	0.185
Cabbage , common, raw (1/2cup)	0	0.2	0	0.05
Carrots , baby raw, avg (ea)	0	1	0	0
Celery , raw, avg (1/2 cup)	0	0.1	0	0
Corn , yellow, raw, avg (1/2 cup)				
Ear	0.1	0.9	0	0.01
Cucumber , w/peel, avg (1/2 cup)	0.1	0.9	0	0.14
Cucumber , w/peel, avg (1/2 cup)	0	0.1	0	0.02
Eggplant , raw, cubes, avg (1/2 cup)	0	0.1	0	0.01
Green Beans , boiled, avg (1/2 cup)				
Italian string beans (1/2 cup)	0	0.2	0	0.06
	0.028	0.12	0	0.038
Kale (1/2 cup)	0.034	0.026	0	0.067
Lintels , boiled, avg (1/2 cup)	0.1	0.4	0	0.04
Lettuce , (1 cup)				
Iceberg, avg (1 cup)	0	0.1	0	0.04
Loose leave, avg (1 cup)	0	0.2	0	0.06
Mushrooms				
Canned, drained (1/2 cup)	0	0.2	0	0
Chanterelle, dried avg (1/4cup)	0.3	2.4	0	-
Oyster, dried (1/4cup)	0.2	1.5	0	-
Portabella, raw (3oz)	0	0	0	0
Shiitake, raw (3oz)	0	0	0	0
Onions , raw, chopped (1/2 cup)	0	0.1	0	0
Peas , green, boiled (1/2 cup)	0	0.2	0	0.02
Spinach (1/2 cup)	0.038	0.23	0	0.077
Squash				
Summer (1/2 cup)	0.026	0.013	0	0.033
Winter (1/2)	0.133	0.64	0	0.017

Fruits	Saturated Fat g	Total Fat g	Cholesterol g	n-3 fatty acids g
Apple				
Raw, avg (ea)	0.1	0.5	0	0.02
Applesauce, canned (1/2 cup)	0	0.1	0	0
Apricots				
Raw, (3 med)	0	0.4	0	0
Canned in juice, w/skin (1/2 cup)	0	0	0	0
Avocado, med, (ea)	4.5	30	0	0.225
Bananas, (each, med)	0.2	0.6	0	0.04
Blackberries, fresh (1cup)	0	0.6	0	0.1
Blue Berries, fresh (1 cup)	0	0.6	0	0.1
Cherries, sweet & raw (1/2 cup)	0.2	0.7	0	0.1
Grapefruit, pink/white & raw (1/2)	0	0.1	0	0.01
Grapes, w/o seeds, avg (1/2 cups)	0.1	0.2	0	0.03
Guava, raw (each, med or 1/2cups)	0.11	0.5	0	0.06
Mangos, raw (each, med)	0.1	0.6	0	0.08
Melons				
Cantaloupe, fresh (1 cup)	0.2	0.4	0	0.1
Honeydew, fresh (1 cup)	0	0	0	0.02
Oranges				
Naval, (each, med)	0	0.1	0	0
Valencia, (each, med)	0	0.4	0	0.01
Papayas, fresh (each, med)	0.1	0.4	0	0.08
Pears, fresh (each, med)	0	0.7	0	0
Pineapple, fresh, chunks (1 cup)	-	1	0	-
Raisins, seeded raisin (1/2 cup)	0.1	0.4	0	0.03
Strawberry, fresh, sliced (1 cup)	0	0.6	0	0.12

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