

Fat Content of Commonly Eaten Foods

Food	Serving	Calories	Total fat (g)	Saturated fat (g)	% Calories from fat
Butter	1 tbsp	101	11.5	7	100%
Margarine, hard	1 tbsp	101	11.4	2	100%
Corn oil	1 tbsp	120	13.6	1.7	100%
Canola oil	1 tbsp	124	14	0.9	100%
Olive oil	1 tbsp	119	13.5	1.8	100%
Peanut oil	1 tbsp	119	13.5	2.2	100%
Safflower oil	1 tbsp	120	13.6	1.2	100%
Sunflower oil	1 tbsp	120	13.6	1.4	100%
Salad dressing, regular	1 tbsp	79	8.6	1.3	98%
Salad dressing, reduced calorie	1 tbsp	18	0.3	0	15%
Mayonnaise	1 tbsp	57	4.9	0.7	77%
American cheese	1 oz	106	8.8	5.5	75%
Cheddar cheese	1 oz	114	9.3	5.9	73%
Swiss cheese	1 oz	107	7.7	5	65%
Parmesan cheese	1 tbsp	23	1.5	1	59%
Cream cheese	1 tbsp	49	4.8	3	88%
Cream cheese, low fat	1 tbsp	35	2.6	1.6	67%
Cream cheese, fat free	1 oz	27	0.3	0.2	10%

Cottage cheese, low fat 2%	½ cup	101	2.1	1.3	19%
Light cheese, low fat	1 oz	50	1.4	0.9	25%
Whole milk	8 oz	150	8	5	49%
2% milk	8 oz	121	5	3	35%
1% milk	8 oz	102	3	2	23%
Skim milk	8 oz	86	0.5	0	5%
Sour cream	¼ cup	124	11.9	6.1	86%
Whipped cream	½ cup	77	6.6	4.1	77%
Ice cream, vanilla	1 cup	265	14.5	8.9	49%
Peanuts	½ cup	427	36	10	76%
Whole egg	1 large	79	6	2	65%
Bacon	3 slices	109	9.3	3.3	77%
Sausage	1 link	85	5.2	1.9	56%
Ham, lunchmeat	2 oz	104	5.9	1.9	56%
Hot dog, with bun	1 medium	214	14	5	58%
Hamburger, meat lean	3 oz	229	15.5	6.1	61%
Chicken nuggets	4 pieces	205	12.5	3.9	55%
Chicken wings, batter fried	3 pieces	147	10.4	2.7	64%
Tuna salad, with mayo	½ cup	192	9.5	1.6	45%

Chicken breast, w/o skin	4 oz	186	4	1.1	19%
Prime rib, trim fat	4 oz	223	9.6	3.7	39%
London broil, trim fat	4 oz	225	9.2	3.5	37%
Sirloin steak, lean	4 oz	269	13.3	5.3	45%
French fries	10 fries	246	12.9	3.9	47%
Potato chips	14 chips	153	9.8	2.6	58%
Onion rings, fast food style	1 order	302	17	4	51%