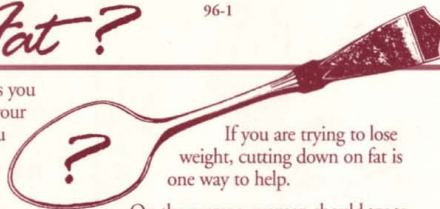


How Much Fat?

**ONE TEASPOON of FAT =
about FOUR GRAMS of FAT**



The diets of most Americans are too high in fat. Here is a list of some common foods and the number of teaspoons of fat they contain. When you read labels, remember that four grams of fat equals one teaspoon of fat. To lower your risk of diseases like cancer and heart disease, less than 30% of the calories in your diet should come from fat.

















Since the number of calories you need each day depends on your age, weight and whether you are male or female, the amount of fat you can eat does too. Younger people can eat more fat than older people, and men are allowed more fat in their diets than women.

If you are trying to lose weight, cutting down on fat is one way to help.

On the average, women should try to eat no more than 60 to 80 grams of fat per day, or 15 to 20 teaspoons of fat.

Men should eat foods that will add up to no more than 75 to 105 grams of fat or 18 to 26 teaspoons per day.

This list includes the fat in foods that you can't see (like the fat in snack foods and baked goods), as well as the fat that you can see (like butter or margarine, or the fat on meat).

MEATS and PROTEIN FOODS	TEASPOONS of FAT	MEATS and PROTEIN FOODS	TEASPOONS of FAT
 Special Fast Food Hamburger	 9	 Peanuts, Dry Roasted, 1/4 cup	 4 1/2
 Fast Food Fish Sandwich	 6	 Bologna, 2 one-ounce slices	 4
 Salt Pork, raw, one ounce	 5 1/2	 Hot Dog, one	 3 1/2
 Hamburger Patty, ground chuck, 3 1/2 ounces	 5	 Peanut Butter, 2 tablespoons	 3 1/2



MEATS and PROTEIN FOODS

TEASPOONS of FAT



Pig's Feet, cooked,
2 1/2 ounces



Fried Chicken Leg



Pizza, pepperoni,
one slice



Bacon, cooked,
3 slices



Pizza, cheese,
one slice



Baked Salmon,
3 ounces



Chicken, roasted
without skin, 3 ounces



Tuna, canned in water,
3 ounces



Baked Fish (perch,
flounder, halibut),
3 ounces



FATS and OILS

TEASPOONS of FAT



Lard, one teaspoon



Vegetable Shortening,
one teaspoon



Butter,
one teaspoon



Margarine,
one teaspoon



Corn Oil, one teaspoon



Soft Tub Margarine,
one teaspoon



Imitation Diet Margarine,
one teaspoon



Nondairy
Creamer, liquid,
1/2 ounce



Nondairy Creamer,
powdered, 1/2 ounce



DAIRY PRODUCTS

TEASPOONS of FAT



Creamed Cottage Cheese, one cup



Cheddar Cheese, one ounce



Whole Milk, one cup



Ice Cream, regular, 1/2 cup



Cream Cheese, one tablespoon



Cottage Cheese, low-fat (2%), one cup



Milk, 2% low-fat, one cup



DAIRY PRODUCTS

TEASPOONS of FAT



Yogurt, low-fat, one cup



Half and Half, 1 1/2 tablespoons



Milk, 1% low-fat, one cup



Milk, skim or nonfat, one cup or Yogurt, skim or nonfat, one cup



FRUITS and VEGETABLES

TEASPOONS of FAT



Fresh Fruits and Vegetables, most of them; plain

NONE



Avocado, 1/2 avocado



French Fries, 10 pieces



BREADS and CEREALS

TEASPOONS of FAT



Croissant, one



Muffin, one small



Crackers, round buttery,
4 crackers



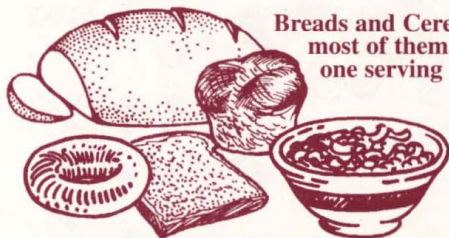
Crackers, cheese snack,
8 to 10 crackers



Biscuit or Pancake, one



Saltines, 2 crackers



Breads and Cereals,
most of them,
one serving



OTHER FOODS

TEASPOONS of FAT



Pie, 1/6 of 9-inch
apple pie



Cheese Curls,
one ounce



Potato Chips,
one ounce



Corn Chips or
Nacho Chips,
one ounce



Doughnut, one plain



Cookies, chocolate
creme-filled, 2



Gingersnaps, 2 cookies

