

Foods Containing Five Grams of Fat Per Serving

Food	Serving Size	Food	Serving Size
Avocado	1/8 medium	Nuts: almonds, cashews, or mixed	6 nuts
Bacon	1 strip	Nuts: peanuts	10 nuts
Beef	1 ounce	Nuts: pecans or walnuts	4 halves
Butter or margarine	1 teaspoon	Nuts: pistachios	16 nuts
Cheese	1 ounce	Oil, cooking	1 teaspoon
Coconut, sweetened, shredded	2 tablespoons	Olives, black	8 large
Cottage cheese, full fat	1/2 cup	Peanut butter	2 teaspoons
Cottage cheese, 2%	1 cup	Pork chop or rib	1 ounce
Cream cheese	1 tablespoon	Poultry: chicken or turkey with skin	1 ounce
Cream, light (half & half)	2 tablespoons	Salad dressing, regular	1 tablespoon
Cream, heavy	1 tablespoon	Seeds: pumpkin, sesame, or sunflower	1 tablespoon
Cream, whipped	2 tablespoons	Shortening or lard	1 teaspoon
Egg	1	Sour cream	2 tablespoons
Mayonnaise	1 teaspoon	Ice cream	1/4 cup
Milk, 2%	1 cup	Whole milk	1/2 cup

Fat-Free or Low-Fat Foods

Many foods in your daily diet contain little or no fat. You may eat as much as usual of these foods without calculating fat grams, but please record the items in your food log.

- Fruits—fresh, canned, or frozen
- Vegetables—raw or cooked
- Skim milk
- Potatoes, rice, and noodles
- Plain yeast breads and rolls
- Saltine crackers
- Cooked or dry cereals,(except granola)
- Plain and fruited gelatins
- Soda pop, fruit juice, coffee, and tea
- Salt, pepper, spices, vinegar, and lemon juice
- Sugar, jelly, jam, honey, and hard candies

To help you set up your food log, two sample days are shown on page 3.

Sample Food Log Day 1

Breakfast Fat Grams

Lean broiled ham, 2 ounces	10
White toast	0
Margarine, 2 teaspoons	10
Fruit juice	0
Coffee w/2 teaspoons half-and-half	5

Snack Fat Grams

Graham crackers	0
Cream cheese, 2 tablespoons	10

Lunch Fat Grams

Cottage cheese, ½ cup	10
Canned fruit	0
Dinner roll, plain	0
Margarine, 2 teaspoons	10
Carbonated beverage	0

Snack Fat Grams

Peanut butter, 4 teaspoons	10
Honey	0
Bread	0
Fruit or fruit juice	0

Dinner Fat Grams

Lean roast beef, 2 ounces	10
Baked potato	0
Sour cream, 2 tablespoons	5
Green beans	0
Margarine, 2 teaspoons	10
Fresh fruit	0

Snack Fat Grams

American cheese, 2 ounces	10
Saltine crackers	0
Tomato juice	0

Total Daily Fat Grams 100

Sample Food Log Day 2

Breakfast Fat Grams

Fruit juice	0
Soft cooked egg, 1	5
Bacon, 2 slices	10
White toast	0
Margarine, 1 teaspoon	5
Whole milk, 1 cup	10

Lunch Fat Grams

Sandwich:	
Chicken, 2 ounces	10
Whole wheat bread	0
Margarine, 2 teaspoons	10
Mayonnaise, 1 teaspoon	5
Swiss cheese, 1 slice	5
Lettuce and tomato	0
Banana	0
Whole milk, 1 cup	10

Dinner Fat Grams

Broiled beef patty, 3 ounces	15
Corn	0
Fruited gelatin salad	0
Dinner roll	0
Margarine, 2 teaspoons	10
Vanilla ice cream, 1 cup	20

Total Daily Fat Grams 115