

Fat Choices

Fat (1 choice = 5 grams of fat and 45 calories)

Monounsaturated Fat Choices

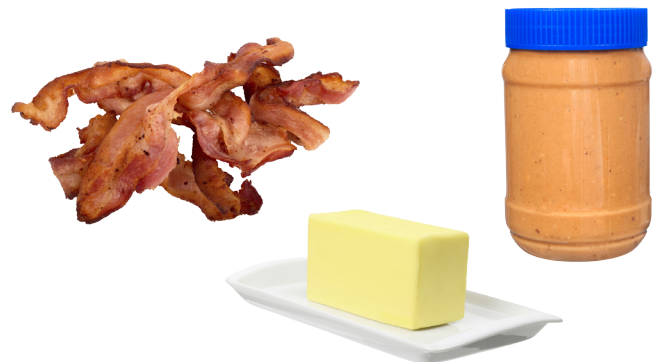
Avocado	2 Tbsp.
Oil (Canola, olive, peanut)	1 tsp.
Olives: Ripe (black)	8 large
Green, stuffed	10 large
Nuts: almonds, cashews, mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
Peanut butter	1/2 Tbsp.
Sesame seeds	1 Tbsp.

Polyunsaturated Fat Choices

Margarine: stick, tub, squeeze low-fat	1 tsp. 1 Tbsp.
Mayonnaise: Regular	1 tsp.
Reduced-fat	1 Tbsp.
Nuts: walnuts, English	4 halves
Oil (corn, safflower, soybean)	1 tsp.
Salad dressing: Regular	1 Tbsp.
low-fat	2 Tbsp.
Miracle Whip Salad Dressing	
Regular	2 tsp.
Reduced-fat	2 Tbsp.
Seeds: pumpkin, sunflower	1 Tbsp.

Saturated Fat Choices

Bacon, cooked	1 slice
Bacon grease	1 tsp.
Butter: Stick	1 tsp.
Whipped	2 tsp.
Reduced fat	1 Tbsp.
Chitterlings, boiled	2 Tbsp.
Coconut, sweetened, shredded	2 Tbsp.
Coconut milk	1 Tbsp.
Cream, half and half	2 Tbsp.
Cream cheese, Regular	1 Tbsp.
Reduced fat	1½ Tbsp.
Fatback or salt pork	1" x 1" x ¼"
Shortening or lard	1 tsp.
Sour cream: Regular	2 Tbsp.
Reduced fat	3 Tbsp.



This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.