

# Variedades de Grasas

**Grasa** (1 variedad = 5 gramos de grasa y 45 calorías)

## *Variedades de grasas Mono Insaturadas*

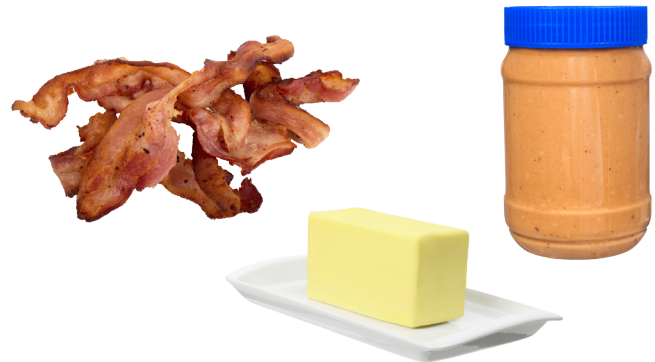
Aguacate	2 cucharadas
Aceite (canola, oliva, cacahuates)	1 cucharadita
Aceitunas: maduras (negras)	8 grandes
Verdes, rellenas	10 grandes
Nueces: almendras, marañón (50% de cacahuates)	6 nueces
cacahuates	10 nueces
pacanas	4 mitades
Mantequilla de cacahuete	1/2 cucharada
Semillas de sésamo	1 cucharada

## *Variedades de grasas Polinsaturadas*

Margarina: barra, pomo, comprimible	1 cucharadita
baja en grasa	1 cucharada
Mayonesa: regular	1 cucharadita
Baja en grasa	1 cucharada
Nueces: de nogal, Americanas	4 mitades
Aceite (maíz, cártamo, soya)	1 cucharadita
Aderezo de ensalada: regular	1 cucharada
Bajo en grasa	2 cucharadas
Aderezo de ensalada Miracle Whip	
Regular	2 cucharaditas
Bajo en grasa	2 cucharadas
Semillas: calabaza, girasol	1 cucharada

## *Variedades de grasas Saturadas*

Tocino, cocido	1 porción
Grasa de tocino	1 cucharadita
Mantequilla, barra	1 cucharadita
Batida	2 cucharaditas
Baja en grasas	1 cucharada
Tripas de cerdo, hervidas	2 cucharadas
Coco, endulzado, en trozos	2 cucharadas
Leche de coco	1 cucharadas
Mitad crema, mitad leche	2 cucharadas
Queso crema: regular	1 cucharadas
Bajo en grasa	1½ cucharadas
Lomo de cerdo o sal de cerdo	1 pulgada por 1 pulgada por ¼ de pulgada
Grasa o manteca	1 cucharadita
Crema agria: regular	2 cucharadas
Baja en grasa	3 cucharadas



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

# Fat Choices

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

## *Monounsaturated Fat Choices*

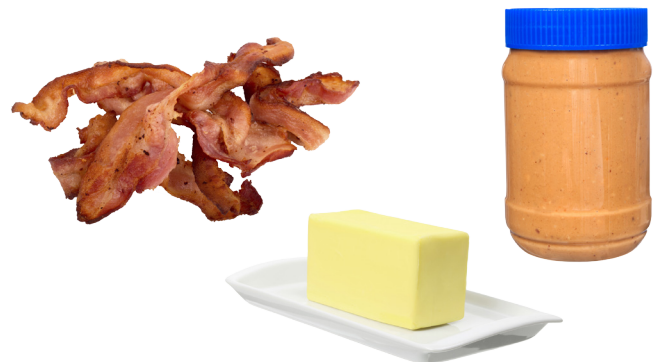
Avocado	2 Tbsp.
Oil (Canola, olive, peanut)	1 tsp.
Olives: Ripe (black)	8 large
Green, stuffed	10 large
Nuts: almonds, cashews, mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
Peanut butter	1/2 Tbsp.
Sesame seeds	1 Tbsp.

## *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.



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