

## Fat Content of Foods

To find out how many grams of fat are present in the specific foods you eat every day, check the labels. Here are fat contents of common foods.

**For More Information on Specific Foods:** Please see [Holisticonline.com](http://Holisticonline.com) Nutrition Infocenter.

Food	Portion	Fat (g.)
<b>Breads and Bread Products</b>		
<b>Breads</b>		
Italian	1 slice	0
Pita	1	0.6
Cracked-wheat	1 slice	0.9
Mixed-grain	1 slice	0.9
Rye	1 slice	0.9
White	1 slice	1.0
Pumpernickel	1 slice	1.1
Whole-wheat	1 slice	1.1
Oat bran	1 slice	1.2
French	1 slice	1.4
<b>Crackers</b>		
Rye wafer	1	0
Whole-wheat, low-sodium	1	0
Rye snack	1	0.4

Wheat snack	1	0.4
Graham	1	1.3
<b>French toast</b>		
Frozen	1 slice	5.0
Homemade	1 slice	6.7
<b>Muffins</b>		
English	1	1.1
Oat bran, with raisins	1 small	3.0
Blueberry	1 small	4.0
Corn	1 small	4.0
Bran	1 small	5.1
<b>Pancakes and waffles</b>		
Waffles, frozen	2 (2.5 oz. each)	7.0
Plain pancakes	4 (4")	7.6
Buckwheat pancakes	4 small	8.0
<b>Rolls and biscuits</b>		
Brown-and-serve roll	1	2.0
Hard roll	1	2.0
Hamburger/ hot dog bun	1	2.1
Biscuit	1 small	5.1
<b>Others</b>		
Melba toast	1 piece	0

Matzo	1 piece	0.3
Rice cake	1	0.3
Corn tortilla	1	1.1
Bagel	1	1.4
Taco shell	1	2.2
<b>Cereals</b>		
Wheat flakes	1 cup	0
Corn squares	1 cup	0.1
Puffed rice	1 cup	0.1
Puffed wheat	1 cup	0.1
Farina	1 cup	0.2
Shredded wheat	1 biscuit	0.3
Bran flakes	1 cup	0.7
Cornflakes	1 cup	0.7
Wheat germ, toasted	1 Tbsp.	0.8
Raisin bran	1 cup	1.0
Bran squares	1 cup	1.4
Oat rings	1 cup	1.5
Oatmeal, instant	1 pkg.	1.7
Oatmeal, cooked	1 cup	2.4
Wheat germ, toasted	1/2 cup	6.1
Granola	1 cup	33.1

<b>Condiments</b>		
Horseradish	1 Tbsp.	0
Soy sauce, low-sodium	1 Tbsp.	0
Teriyaki sauce	1 Tbsp.	0
Worcestershire sauce	1 Tbsp.	0
Cranberry sauce	1/4 cup	0.1
Dill pickle	1 med.	0.1
Ketchup	1 Tbsp.	0.1
Sweet pickle	1 small	0.1
Sweet relish	1 Tbsp.	0.1
Tamari	1 Tbsp.	0.1
Yellow mustard	1 Tbsp.	0.6
Brown mustard	1 Tbsp.	1.0
Green olives	5	2.9
Tartar sauce	1 Tbsp.	8.0
<b>Dairy Products and Eggs</b>		
<b>Cheeses</b>		
Yogurt cheese	1 oz.	0.6
Cottage cheese, 1% fat	1/2 cup	1.2
Parmesan, grated	1 Tbsp.	1.5
American, singles	1 oz.	2.0
Swiss, diet	1 oz.	2.0

Mozzarella, skim-milk	1 oz.	4.5
Cottage cheese, 4% fat	1/2 cup	4.7
Blue cheese	1 oz.	4.9
Ricotta, part-skim	1/4 cup	4.9
Feta	1 oz.	6.0
Monterey Jack, light	1 oz.	6.0
Mozzarella, whole milk	1 oz.	6.1
Swiss	1 oz.	7.8
Brie	1 oz.	7.9
Ricotta, whole-milk	1/4 cup	8.0
Monterey Jack	1 oz.	8.6
American, processed	1 oz.	8.8
Colby	1 oz.	9.1
Cheddar	1 oz.	9.4
Cream cheese, regular	1 oz.	9.9
<b>Eggs</b>		
White only, raw, large	1	0
Whole, raw, large	1	5.0
<b>Milk and cream</b>		
Evaporated skim	1/2 cup	0.3
Skim	1 cup	0.4

Nondairy whipped topping, frozen	1 Tbsp.	0.9
Nondairy creamer	1 Tbsp.	1.0
Half-and-half	1 Tbsp.	1.7
Buttermilk	1 cup	2.2
Low-fat, 1%	1 cup	2.6
Sour cream, imitation	1 Tbsp.	2.6
Cream, light	1 Tbsp.	2.9
Sour cream, cultured	1 Tbsp.	3.0
Low-fat, 2%	1 cup	4.7
Cream, heavy, whipping	1 Tbsp.	5.5
Whole, 3.3%	1 cup	8.2
Evaporated whole	1/2 cup	9.6
<b>Yogurt</b>		
Plain, nonfat	1 cup	0.4
Plain, low-fat	1 cup	3.5
Plain, whole	1 cup	7.4
<b>Desserts and Snacks</b>		
<b>Cakes</b>		
Angel food Cake (2 oz.)	1 slice	0.1
Sponge Cake	1 slice	3.1
Strawberry shortcake	1 slice	8.9
Pound Cake (1 oz.)	1 slice	9.0

White Cake, with chocolate icing	1 slice	11.0
<b>Candies</b>		
Chocolate fudge, plain	1 oz.	2.9
Milk chocolate, with almonds	1 oz.	10.1
Milk chocolate, with peanuts	1 oz.	10.8
<b>Cookies and brownies</b>		
Gingersnap	1	0.6
Vanilla wafer	1	0.9
Fig bar	1	1.0
Chocolate chip	1	2.2
Chocolate/vanilla sandwich	1	2.3
Brownie, with chocolate icing	1	5.0
<b>Cupcakes</b>		
No icing	1	3.0
Devil's food, with icing	1	4.0
Chocolate, with icing	1	5.0
<b>Doughnuts</b>		
Plain	1 (2 oz.)	10.8
<b>Frozen desserts</b>		
Fruit-flavored frozen yogurt	1/2 cup	1.0
Orange sherbet	1/2 cup	1.9
Vanilla ice milk	1/2 cup	2.8

Vanilla ice cream	1/2 cup	7.2
Vanilla ice cream, premium	1/2 cup	11.9
<b>Pastries</b>		
Apple turnover	1 oz.	4.7
Eclair, with custard and icing	1	13.6
Cheesecake	1 slice	16.3
<b>Pies</b>		
Apple	1 slice	13.1
Custard	1 slice	14.0
Blueberry	1 slice	15.0
Chocolate cream	1 slice	15.1
Pecan	1 slice	27.0
<b>Pudding and gelatin</b>		
Gelatin	1/2 cup	0
Vanilla pudding, sugar-free, 2% milk	1/2 cup	1.2
Chocolate pudding, sugar-free, 2% milk	1/2 cup	1.9
Chocolate pudding	1/2 cup	4.0
Tapioca pudding	1/2 cup	4.0
Rice pudding, with raisins	1/2 cup	4.1
Vanilla pudding	1/2 cup	5.0
Custard, baked	1/2 cup	7.5



## Dips and Dressings

### Dips

Clam, garlic or French onion	1 Tbsp.	2.0
Guacamole	1 Tbsp.	2.0
Jalapeño or green onion	1 Tbsp.	2.0
Bacon and horseradish	1 Tbsp.	2.5

### Dressings

Italian, no oil	1 Tbsp.	0
Sweet-and-sour	1 Tbsp.	0.3
Blue cheese, low-fat	1 Tbsp.	0.9
French, low-calorie	1 Tbsp.	0.9
Italian, low-calorie	1 Tbsp.	1.5
Mayonnaise-style	1 Tbsp.	5.2
French	1 Tbsp.	6.0
Ranch-style	1 Tbsp.	6.0
Italian, regular	1 Tbsp.	7.1
Blue cheese	1 Tbsp.	7.6
Russian	1 Tbsp.	7.6
Vinegar and oil	1 Tbsp.	8.0
Thousand Island	1 Tbsp.	8.1

## Fats and Oils

### Butter

Whipped	1 tsp.	2.4
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Regular	1 tsp.	3.8
<b>Margarine</b>		
Corn oil, diet	1 tsp.	1.9
Whipped	1 tsp.	2.7
Corn oil, stick	1 tsp.	3.8
Corn or safflower oil, soft	1 tsp.	3.8
<b>Mayonnaise</b>		
Low-calorie	1 tsp.	1.3
Regular	1 tsp.	3.7
<b>Oils</b>		
Olive	1 tsp.	4.5
Vegetable	1 tsp.	4.5
<b>Fruits and Juices</b>		
<b>Dried fruits</b>		
Dates	1/2 cup	0.4
Prunes	1/2 cup	0.4
Raisins	1/2 cup	0.4
Figs	1/2 cup	1.2
<b>Fresh fruits</b>		
Grapefruit	1/2 med.	0.1
Grapes	10	0.1
Peach	1 med.	0.1
Casaba melon, cubed	1 cup	0.2

Figs	2 small	0.2
Honeydew melon, cubed	1 cup	0.2
Orange, all varieties	1 med.	0.2
Papaya, cubed	1 cup	0.2
Kiwifruit	1 med.	0.3
Apricots	3 med.	0.4
Cantaloupe, cubed	1 cup	0.4
Apple, with peel	1 med.	0.5
Banana	1 med.	0.6
Blueberries	1 cup	0.6
Mango	1 med.	0.6
Nectarine	1 med.	0.6
Strawberries	1 cup	0.6
Bartlett pear	1 med.	0.7
Pineapple, cubed	1 cup	0.7
Raspberries	1 cup	0.7
Sweet cherries	10	0.7
Watermelon, cubed	1 cup	0.7
Plums	2 med.	0.8
Florida avocado	1 med.	15.4
California avocado	1 med.	30.0
<b>Juices</b>		
Cranberry	1 cup	0.1

Prune	1 cup	0.1
Grape	1 cup	0.2
Apple	1 cup	0.3
Orange	1 cup	0.5
<b>Gravies and Sauces</b>		
<b>Gravies</b>		
Beef, canned	1/4 cup	1.2
Turkey, canned	1/4 cup	1.2
Mushroom	1/4 cup	1.6
Chicken, canned	1/4 cup	3.6
<b>Sauces</b>		
Chili	1/4 cup	0
Tomato, canned	1/4 cup	0.1
Barbecue	1/4 cup	1.2
Taco, canned	1/4 cup	1.4
Marinara, canned	1/4 cup	2.1
Spaghetti, canned	1/4 cup	3.0
White, thin	1/4 cup	4.9
White, medium	1/4 cup	7.8
White, thick	1/4 cup	10.6
White, very thick	1/4 cup	13.5
<b>Legumes</b>		
<b>Beans</b>		

Mung, sprouted	1 cup	0.2
Lima, boiled	1 cup	0.5
Navy, cooked	1 cup	1.0
Red kidney, canned	1 cup	1.0
White, small, boiled	1 cup	1.2
Refried	1 cup	2.7
Garbanzo, canned	1 cup	4.6
<b>Others</b>		
Lentils, boiled	1 cup	0.7
Peas, split, dried, cooked	1 cup	1.0
<b>Meats</b>		
<b>Beef</b>		
Bottom roast, lean	3.5 oz.	9.6
Arm pot roast	3.5 oz.	9.9
Rib roast, lean	3.5 oz.	13.7
Blade pot roast	3.5 oz.	15.2
Hamburger, extra lean	3.5 oz.	16.0
Hamburger, lean	3.5 oz.	18.4
Salami	3.5 oz.	19.9
<b>Lamb</b>		
Rib chop, lean, broiled	1	7.4
Leg, lean, roasted	3.5 oz.	7.7
Shoulder, lean, roasted	3.5 oz.	10.7

<b>Pork</b>		
Canadian bacon	1 slice	2.0
Tenderloin roast, lean	3.5 oz.	4.8
Ham, extra lean	3.5 oz.	5.5
Ham roast	3.5 oz.	8.9
Loin roast, lean	3.5 oz.	13.5
Shoulder roast	3.5 oz.	14.9
Chop, lean, broiled	3.5 oz.	15.2
Italian sausage links (3.5 oz.)	1 1/2	17.2
Bologna (3.5 oz.)	4 slices	19.7
Loin roast, lean and fat	3.5 oz.	21.5
Chop, lean and fat, broiled	3.5 oz.	27.0
Sausage patties (3.5 oz.)	4	30.9
Sausage links (3.5 oz.)	8	32.4
<b>Veal</b>		
Shoulder and arm roast, lean	3.5 oz.	5.8
Rib, lean, braised	3.5 oz.	7.8
<b>Pastas and Grains</b>		
<b>Pastas</b>		
Whole-wheat macaroni, cooked	1 cup	0.8
Spaghetti, cooked	1 cup	1.0
Spinach pasta, cooked	1 cup	1.3

Egg noodles, cooked	1 cup	2.0
Chow mein noodles	1 cup	11.0
<b>Grains</b>		
White rice, cooked	1 cup	0
Bulgur, cooked	1 cup	0.4
Brown rice, cooked	1 cup	1.8
Spanish rice, cooked	1 cup	4.2
<b>Poultry</b>		
<b>Chicken</b>		
Breast, no skin, roasted	3.5 oz.	3.5
Thigh, no skin, roasted	1 small	5.7
Chicken roll, light meat	3.5 oz.	7.3
Breast, with skin, roasted	3.5 oz.	7.8
Leg, no skin, roasted	3.5 oz.	8.0
Leg, no skin, stewed	3.5 oz.	8.1
Breast, floured, fried	3.5 oz.	8.8
Thigh, floured, fried	1 small	9.2
Breast, batter-fried	3.5 oz.	13.1
Leg, roasted	1 small	15.4
Dark meat, with skin, roasted	3.5 oz.	15.8
Salad	3.5 oz.	17.5
<b>Duck</b>		

No skin, roasted	3.5 oz.	11.1
With skin, roasted	3.5 oz.	28.2
<b>Goose</b>		
No skin, roasted	3.5 oz.	12.6
With skin, roasted	3.5 oz.	21.7
<b>Turkey</b>		
Breast, no skin, roasted	3.5 oz.	0.7
Turkey loaf, from breast	3.5 oz.	1.6
Smoked	3.5 oz.	3.9
Turkey ham, from thigh	3.5 oz.	5.0
Dark meat, no skin	3 oz.	7.2
Turkey pastrami	3.5 oz.	7.2
Turkey roll, light meat	3.5 oz.	7.2
<b>Nuts and Seeds</b>		
Chestnuts, roasted	1/2 cup	0.9
Sesame seeds, roasted	1 Tbsp.	4.3
Pumpkin/squash seeds, roasted	1/2 cup	6.0
Cashews, oil-roasted	1/2 cup	31.4
Cashews, dry-roasted	1/2 cup	31.8
Pistachios, dry-roasted	1/2 cup	33.8
Almonds, dry-roasted, whole	1/2 cup	35.6
Peanuts, oil-roasted	1/2 cup	35.7



Sunflower seeds, dried	1/2 cup	35.7
Spanish peanuts, dried	1/2 cup	35.9
Filberts (hazelnuts)	1/2 cup	36.0
Pecans	1/2 cup	36.6
Persian/English walnuts	1/2 cup	37.1
Brazil nuts	1/2 cup	46.4
Macadamia nuts	1/2 cup	49.4
<b>Seafood</b>		
<b>Finfish</b>		
Anchovy, fillet, canned	1	0.4
Tuna, light meat, canned in water	3.5 oz.	0.5
Cod, cooked	3.5 oz.	0.9
Haddock, cooked	3.5 oz.	0.9
Flounder, broiled	3.5 oz.	1.5
Sole, broiled	3.5 oz.	1.5
Red snapper, cooked	3.5 oz.	1.7
Halibut, broiled	3.5 oz.	2.9
Rainbow trout, cooked	3.5 oz.	4.3
Swordfish, cooked	3.5 oz.	5.1
Pink salmon, canned	3.5 oz.	6.0
Bluefin tuna, cooked, dry heat	3.5 oz.	6.2
Salmon, cooked	3.5 oz.	7.5

Tuna, canned in oil, drained	3.5 oz.	8.1
Sardines, canned, in tomato sauce	3.5 oz.	11.9
Mackerel, cooked	3.5 oz.	17.6
<b>Shellfish</b>		
Shrimp, cooked	3.5 oz.	1.1
Scallops, steamed	3.5 oz.	1.4
Clams, cooked	3.5 oz.	5.8
Scallops, breaded, fried	3.5 oz.	11.4
Shrimp, breaded, fried	3.5 oz.	12.1
<b>Vegetables</b>		
Carrot, raw	1 med.	0.1
Celery	1 stalk	0.1
Romaine lettuce	1 cup	0.1
Sweet potato, baked	1 med.	0.1
Zucchini, boiled	1 cup	0.1
Butternut squash, baked	1 cup	0.2
Cauliflower, raw	1 cup	0.2
Potato, baked, no peel	1 med.	0.2
Spinach	1 cup	0.2
Acorn squash, baked	1 cup	0.3
Mushrooms	1 cup	0.3
Sweet pepper	1 small	0.3

Tomato	1 med.	0.3
Broccoli, boiled	1 cup	0.4
Cabbage, boiled	1 cup	0.4
Green beans, boiled	1 cup	0.4
Asparagus, boiled	1 cup	0.6
Summer squash, boiled	1 cup	0.6
Brussels sprouts, boiled	1 cup	0.8
Corn, fresh, boiled ear	1 small	1.0
Onion ring, fried	1	3.0
French fries, frozen	10 pieces	4.4
Hash-brown potatoes, frozen	1/2 cup	9.0
Homemade Potato salad, (eggs and mayonnaise)	1/2 cup	10.3