

How Much Fat Can I Have?

Nutritionists recommend no more than “30 percent of calories from fat.” But what does this mean? You need to know your daily calorie allowance. The average moderately active woman needs 2,000 calories; men 2,500 to 3,000. To determine a 30 percent fat expenditure, use this formula:

*30 percent x 2,000 calories = 600 calories
divided by 9 calories per gram of fat = 66.66 or
67 grams of total fat allowable per day.*

Bread, Cereal, Grains	Grams of Fat
Bagel (1)	2
Bread (1 slice)	0.5
Biscuit (1)	5
Cereal (1 ounce)	1
Granola (1/4 cup)	5
Pasta (1 cup cooked)	0.5
Rice (1 cup cooked)	-
Tortilla, corn or flour (6 inches)	0.5

Fruits	Grams of Fat
Avocado (1/2)	19
Fruit juices (1/2 cup)	-
Fruit (1 piece, 1/4 melon, 1/2 grapefruit)	-

Vegetables	Grams of fat
1/2 cup without sauce or butter	-
Potatoes, hashed brown (1/2 cup)	11
French fries (8)	10

Meat, Poultry, Fish, Beans	Grams of Fat
Beans, cooked (1 cup)	1
Beef top round, broiled (3 oz)	4
Beef tenderloin, broiled (3 oz)	9
Beef flank, broiled (3 oz)	9
Canadian bacon (1 oz)	2
Chicken breast roasted, no skin (3 oz)	3
Chicken breast, skin on, fried (3 oz)	11
Chicken thigh, roasted, no skin (3 o)	9
Egg, whole (2)	12
Fish, “white,” broiled (3 oz)	3
Fish, tuna, in oil (3 oz)	10
Fish, tuna, in water (3 oz)	1
Ham, extra lean (2 oz)	2
Peanut butter (2 tablespoons)	16
Pork chop, sirloin, broiled (3 oz)	6
Pork chop, loin, broiled (3 oz)	7
Pork roast, loin, roasted (3 oz)	6
Pork tenderloin, roasted (3 oz)	4

Dairy Products	Grams of Fat
Cheese, cottage, lowfat (1/2 cup)	2
Cheese, cheddar type (1 oz)	8
Cheese, parmesan (3 tablespoons)	5
Milk, skim (1 cup)	-
Milk 1% (1 cup)	1
Milk 2% (1 cup)	5
Milk, whole (1 cup)	8
Yogurt, lowfat (1 cup)	5

Fats	Grams of Fat
Butter (1 teaspoon)	4
Bacon, crisp (2 slices)	9
Cream, light (2 tablespoons)	5
Cream, sour (2 tablespoons)	5
Cream cheese (2 tablespoons)	10
Margarine (1 teaspoon)	4
Mayonnaise (1 teaspoon)	4
Oil (1 teaspoon)	5

Fast Food	Grams of Fat
Breakfast biscuit (average)	26
Burger, plain (McDonald’s)	9
Burger, special (Big Mac)	26
Burrito, bean (1)	15
Cheeseburger (McDonald’s)	13
Chicken dinner, fried	46
Chicken sandwich, fried	19
Chicken nuggets (6)	15
Fish sandwich (Burger King)	46
Fish sandwich (McDonald’s)	18
French fries (small McDonald’s)	12
Pizza, cheese, two slices (Pizza Hut)	18
Shake (average)	10
Shake, lowfat (McDonald’s)	2

Snack Foods and Sweets	Grams of Fat
Cake, no icing (3-inch square)	8
Cake, iced (3-inch square)	18
Cheesecake (1/9)	35
Chocolate bar (1 oz)	10
Chips, potato or corn (1 oz)	10
Crackers, buttery (5)	5
Cupcake commercial	10
Granola bar (1)	5
Ice cream (1/2 cup)	10
Ice milk (1/2 cup)	2
Peanuts (10)	5
Popcorn, popped in oil (4 cups)	3
Pretzels (1 oz)	1
Sherbet (1/2 cup)	5