

Building Healthy Communities

...for life!

Fat Content of Popular Foods

<i>Daily Limits</i>	<i>Fat Grams</i>	<i>Fat Teaspoons</i>	<i>Calories</i>
Average Woman	66	13	2,000
Average Man	83	17	2,500
Average Child	40-65	8-13	1,300-2,000

Fat is an important ingredient in our daily diet. However, many of us are eating unhealthy amounts of fat. The chart below ranks popular foods according to the amount of fat contained in each. Five grams of fat is equal to one teaspoon.

<u><i>Food Items</i></u>	<u><i>Fat Grams</i></u>	<u><i>Fat Teaspoons</i></u>
2 pieces fried chicken, dark	43	8.5
Large french fries	33	6 ½
Nut and caramel candy bar, king size	27	5 ½
Fried chicken sandwich	25	5
Fried shrimp, 6-8 pieces	25	5
Cheeseburger	22	4 ½
Nachos with cheese, 1 cup	19	4
Mocha blended coffee, 16 oz	17	3 ½
Ramen noodles, 1 package	14	3
Chow mein, 1 cup	14	3
Cherry filled doughnut	14	3
Vegetable fried rice, 1 cup	12	2 ½
Flan	12	2 ½
Hot dog	12	2 ½
Chicken nuggets, 4 pieces	13	2 ½
BBQ pork ribs, 3 oz	13	2 ½
Ice cream drumstick, vanilla	13	2 ½
Churro, 1 stick	8	1 ½
Ranch dressing, 2 Tbsp	5	1



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Source: Manufacturers, & Nutritiondata.com

