



# Fat Scoreboard for Adults

A healthy diet includes some fat – it's important for your overall health. Gram for gram, it gives you more energy than carbohydrates and protein. Besides giving energy, fat adds taste and texture to foods, it makes us feel full longer, and it helps us to absorb certain vitamins.

There are different kinds of fat, and it's important to choose healthy fats instead of harmful fats more often. Unsaturated fats are healthy fats. They are found in nuts, seeds, non-hydrogenated soft margarines, fish and vegetable oils such as olive oil, canola oil and sunflower oil. Although some fat is part of a healthy diet, try to eat smaller amounts of foods that are high in fat and eat them less often.

The amount of fat that is healthy for you to eat is related to the number of calories you eat every day. The number of calories you should consume depends on your age, activity level and other factors. As a general guide, 20 to 35% of your daily intake of calories should come from fat. This means about 45 to 75 grams of fat a day for women, and about 60 to 105 grams of fat a day for men.

Use the fat scoreboard to help you include foods that are low in fat in your diet. (The values listed are approximate amounts as there are slight differences among specific brands and types of foods. Servings may not be consistent with *Canada's Food Guide* but they represent a typical serving.)\*\*

## Grain Products

Grain products are generally not high in fat. Their fat content increases when they are served with fats or oils (for example, bread with butter). Grain products can also be higher in fat when they are commercially prepared foods (store-bought, ready to eat) such as cinnamon buns or muffins. You can control the fat when these items are homemade.

Grain Products	Fat	Baked Goods and Crackers	Fat
Breads, pita, tortillas, 1	1 g	Peanut butter cookie, 2	10 g
Bagel, english muffin, 1	1 g	Ginger snap, 2	2 g
Hot dog or hamburger bun, dinner roll, 1	2 g	Angel food cake, 1 slice (1/12)	traces
Bran Flakes™, 175 mL (¾ cup)	1 g	Carrot cake with icing, 1 slice (1/12)	29 g
Harvest Crunch™, 125 mL (½ cup)	11g	Doughnut, 1	11-18 g
Oatmeal, 125 mL (½ cup)	1 g	Croissant, 1	12 g
Rice, barley, bulgar, 125 mL (½ cup)	traces	Bran muffin, from mix, small	5 g
Pasta, noodles, 250 mL 1 cup)	2 g	Soda or rice cracker, Melba toast, 4	traces
Noodles, chow mein or instant 250 mL (1 cup)	15 g	Woven wheat biscuit, cream cracker, 4	3 g
Waffle, plain, frozen, 1	3 g		

## Meat s, Fish and Poultry

Most people require 2 to 3 servings of meat and alternatives per day. When you eat meat, seafood, fish or poultry, keep your cooked portions to about the size of a deck of cards. Frying meats, fish, and poultry can increase the fat content, so try baking, barbecuing, broiling, braising, microwaving, poaching, roasting or stir-frying instead.

Meat, 90 g (3 oz) cooked	Fat	Chicken or Turkey, 90 g (3 oz) cooked	Fat
Lean beef, round	3 g	White meat, no skin	2 g
Lean ground beef	10 g	Dark meat, no skin	6 g
Lamb, shoulder	14 g	White meat, with skin	9 g
Pork, centre cut	6 g	Dark meat, with skin	14 g
Veal, loin	6 g	Chicken wings, 3	21 g
Liver, beef	7 g		
Deli and Processed Meats		Fish, 90 g (3 oz), cooked	
1 beef and pork wiener	9 g	Frozen, battered and fried, 1 piece	11 g
1 chicken or turkey wiener	7 g	Salmon, trout, mackerel, whitefish	10 g
2 slices salami, 40 g (1½ oz)	8 g	Cod, haddock, sole, halibut, lobster,	1 g
2 slices bologna, 40 g (1½ oz)	9 g	shrimp and scallops	
5 strips bacon, 30 g (1 oz)	16 g	Tuna, 125 mL (½ cup), canned in water	1 g
4 slices pepperoni, 40 (1½ oz)	20 g	Tuna, 125 mL (½ cup), canned in oil	6 g
		Salmon, 125 mL (½ cup), canned in its own juice	7 g

## Meat Alternatives (legumes, nuts and seeds)

Meat alternatives are packed with nutrients. The fat content can often be deceiving to its overall nutritional value.

Meat Alternatives	Fat	Meat Alternatives	Fat
Large egg, 1	5 g	Peanut butter, 30mL (2 tbsp)	17 g
Baked beans, 250 mL (1 cup)	1 g	Sunflower seeds, 75 mL (1/3 cup)	20 g
Lentils, white beans, kidney beans or split peas, cooked, 250 mL (1 cup)	1 g	Sesame seeds, 75 mL (1/3 cup)	25 g
Mixed nuts, 125 mL (½ cup)	37 g	Soybeans, cooked, 250 mL (1 cup)	16 g
		Tofu, firm, 80 g (1/3 cup)	7 g

## Vegetables and Fruit

Almost all vegetables and fruit are low in fat. Watch for extra fat when sauces and dips are added to vegetables and fruit, or when avocados, olives or coconut are used in recipes. For example, ½ avocado = 14 g fat; 4 large olives = 2 g fat; 2 tbsp (30 mL) shredded, unsweetened coconut = 8 g fat.

## Milk and Alternatives

Milk and dairy products vary widely in their fat content. Look for products that have a lower percentage of milk fat (MF) or butter fat (BF).

Milk and Alternatives	Fat	Milk and Alternatives	Fat
Whole (homogenized - 3.3%MF)	9 g	Cream cheese, 30mL (2 tbsp) - regular 30-34%	10 g
2% MF	5 g	Light 14%	5 g
1% MF	3 g	Yogurt, 175mL (¾ cup) - more than 4% MF	10 g
Skim	traces	1-2% MF	3 g
Buttermilk	2 g	Frozen, 125 mL (½ cup)	4 g
Cheese, 55 g (2 oz) - 29 to 33% MF	19 g	Ice Cream, 125 mL (½ cup) - rich gourmet type	13 g
16.5%MF	9 g	Regular	8 g
7%MF	4 g	Sherbet, 125 mL (½ cup)	2 g
Cottage cheese, 125mL (½ cup) - 4.5% MF	5 g	Cream, 15 mL (1 tbsp) - 5% MF	1 g
2% MF	2 g	10% MF	2 g
Sour cream, 30mL (2 tbsp) - regular, 14% MF	4 g	35% MF, 30mL (2 tbsp) not whipped	4 g
Light, 5% MF	2 g	Non-dairy substitute powder, 15mL (1 tbsp)	2 g

## Other Foods

Many oils, dressings and snack foods tend to be higher in calories and fat - some are very high in harmful fats. Eat smaller amounts of these foods, and eat them less often.

Fats and Oils, 15mL (1tbsp)	Fat	Snack Foods	Fat
All vegetable cooking oils	14 g	Potato Chips, cheese-flavoured twists, tortilla chips, 10	7 g
Butter, margarine - regular	12 g	Pretzels, 10	traces
- light	6 g	Popcorn, 1L (4 cups) - air popped, plain	traces
Mayonnaise - regular	11 g	Popped with oil	16 g
- reduced fat	5 g	Microwave - regular	6 g
Salad dressing, Italian - regular	10 g	Microwave -light	2 g
- low calorie, calorie-wise, or light	traces	Chocolate bar, plain 50 g size	15 g
Sugar, honey, jam, jelly	0		

## Combination Dishes

The fat content of ready-to-eat dishes, frozen meals and pre-packaged foods varies depending on how they are prepared and what types of ingredients they contain. Look for the Nutrition Facts on the label to help you determine the amount of total fat per serving size.

\*\* Source for grams of fat in all charts: *Nutrient Value of Some Common Foods*, 1999. Please note, these are average amounts in grams.