

### Differences in Saturated Fat and Calorie Content of Commonly Consumed Foods

High intake of saturated fats, *trans* fats, and cholesterol increases the risk of unhealthy blood lipid levels, which, in turn, may increase the risk of coronary heart disease. A high intake of fat (greater than 35 percent of calories) generally increases saturated fat intake and makes it more difficult to avoid consuming excess calories. To decrease their risk of elevated low-density lipoprotein (LDL) cholesterol in the blood, most Americans need to decrease their intakes of saturated fat and *trans* fats, and many need to decrease their dietary intake of cholesterol. Lower saturated fat choices can be made within the same food group as shown below.

Food Category	Portion	Saturated Fat Content (grams)	Calories
Cheese			
• Regular cheddar cheese	1 oz	6.0	114
• Low-fat cheddar cheese	1 oz	1.2	49
Ground beef			
• Regular ground beef (25% fat)	3 oz (cooked)	6.1	236
• Extra lean ground beef (5% fat)	3 oz (cooked)	2.6	148
Milk			
• Whole milk (3.24%)	1 cup	4.6	146
• Low-fat (1%) milk	1 cup	1.5	102
Breads			
• Croissant (med)	1 medium	6.6	231
• Bagel, oat bran (4")	1 medium	0.2	227
Frozen desserts			
• Regular ice cream	1/2 cup	4.9	145
• Frozen yogurt, low-fat	1/2 cup	2.0	110
Table spreads			
• Butter	1 tsp	2.4	34
• Soft margarine with zero <i>trans</i>	1 tsp	0.7	25
Chicken			
• Fried chicken (leg with skin)	3 oz (cooked)	3.3	212
• Roasted chicken (breast no skin)	3 oz (cooked)	0.9	140
Fish			
• Fried fish	3 oz	2.8	195
• Baked fish	3 oz	1.5	129

Source: ARS Nutrient Database for Standard Reference, Release 17, and <http://www.health.gov/dietaryguidelines>

### Maximum Daily Amounts of Saturated Fat To Keep Saturated Fat Below 10 Percent of Total Calorie Intake

The maximum gram amounts of saturated fat that can be consumed to keep saturated fat intake below 10 percent of total calorie intake for selected calorie levels. A 2,000-calorie example is included for consistency with the food label. This table may be useful when combined with label-reading guidance.

Total Calorie Intake	Limit on Saturated Fat Intake
1,600	18 g or less
2,000 <sup>a</sup>	20 g or less
2,200	24 g or less
2,500 <sup>a</sup>	25 g or less
2,800	31 g or less

<sup>a</sup> Percent Daily Values on the Nutrition Facts Panel of food labels are based on a 2,000-calorie diet.

Values for 2,000 and 2,500 calories are rounded to the nearest 5 grams to be consistent with the Nutrition Facts Panel.