

Fats

Unsaturated Fats — Monounsaturated Fats

Food	Serving Size
Avocado, medium	2 Tbsp (1 oz)
Nut butters (<i>trans</i> fat-free): almond butter, cashew butter, peanut butter (smooth or crunchy)	1½ tsp
Nuts	
almonds	6 nuts
Brazil	2 nuts
cashews	6 nuts
filberts (hazelnuts)	5 nuts
macadamia	3 nuts
mixed (50% peanuts)	6 nuts
peanuts	10 nuts
pecans	4 halves
pistachios	16 nuts
Oil: canola, olive, peanut	1 tsp
Olives	
black (ripe)	8 large
green, stuffed	10 large

Fats



Polyunsaturated Fats

Food	Serving Size
Margarine: lower-fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Margarine: stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise reduced-fat	1 Tbsp
regular	1 tsp
Mayonnaise-style salad dressing reduced-fat	1 Tbsp
regular	2 tsp
Nuts Pignolia (pine nuts)	1 Tbsp
walnuts, English	4 halves
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Oil: made from soybean and canola oil—Enova	1 tsp
Plant stanol esters light	1 Tbsp
regular	2 tsp
Salad dressing reduced-fat	2 Tbsp
Note: May be high in carbohydrate.	
regular	1 Tbsp
Seeds flaxseed, whole	1 Tbsp
pumpkin, sunflower	1 Tbsp
sesame seeds	1 Tbsp
Tahini or sesame paste	2 tsp

Fats

Saturated Fats

Food	Serving Size
Bacon, cooked, regular or turkey	1 slice
Butter	
reduced-fat	1 Tbsp
stick	1 tsp
whipped	2 tsp
Butter blends made with oil	
reduced-fat or light	1 Tbsp
regular	1½ tsp
Chitterlings, boiled	2 Tbsp (½ oz)
Coconut, sweetened, shredded	2 Tbsp
Coconut milk	
light	⅓ cup
regular	1½ Tbsp
Cream	
half and half	2 Tbsp
heavy	1 Tbsp
light	1½ Tbsp
whipped	2 Tbsp
whipped, pressurized	¼ cup
Cream cheese	
reduced-fat	1½ Tbsp (¾ oz)
regular	1 Tbsp (½ oz)
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Salt pork	¼ oz
Shortening, solid	1 tsp
Sour cream	
reduced-fat or light	3 Tbsp
regular	2 Tbsp