

Inside the Pyramid

How do I count the solid fats I can eat?

How do I count the solid fats I eat? The chart gives a quick guide to the amount of solid fats in some common foods:

	Amount of food	Amount of solid fat	Calories from solid fat	Total calories
		Teaspoons /grams	Approximate calories	Approximate calories
Solid Fats:				
Shortening	1 Tbsp	3 tsp/13 g	115	115
Butter	1 Tbsp	2 ½ tsp/12 g	100	100
Margarine (hard or stick)	1 Tbsp	2 ½ tsp/11 g	100	100
Coconut or palm kernel oil	1 Tbsp	3 tsp/14 g	120	120
Food rich in solid fats:				
Heavy cream	1 Tbsp	1 tsp/5 g	50	50
Half and half cream	1 Tbsp	½ tsp/2 g	15	20
Sour cream	1 Tbsp	½ tsp/2 g	20	25
Whole milk	1 cup	2 tsp/8 g	70	145
Cheddar cheese	1 ½ oz	3 tsp/14 g	125	170
Ice cream, chocolate	1 cup	3 tsp/14 g	125	285
Bacon, cooked	2 slices	1 ½ tsp/6 g	55	85
Pork sausage	2 links (2 oz)	3 tsp/14 g	120	165
Hamburger—regular (80% lean)	3 ounces cooked	3 tsp/14 g	120	205
Prime rib roast, lean and fat (1/8" trim)	3 ounces cooked	6 tsp/29 g	255	340
Prime rib roast, lean only	3 ounces cooked	3 ½ tsp/16 g	140	250
Croissant	1 medium (2 oz)	3 tsp/12 g	105	230
Biscuit	1 small (2.5" diam)	1 ½ tsp/6 g	50	125
Pound cake	1/12 of 12 oz cake	1 ½ tsp/6 g	50	110
Cheese Danish	1 pastry (2 ½ oz)	3 ½ tsp/16 g	135	265
Chocolate creme pie	1/6 of 8" pie	5 tsp/22 g	195	345