



## TIP OF THE WEEK

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

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

#### Smart Snacks

- Unsalted pretzels
- Applesauce
- Low-fat yogurt with fruit
- Unbuttered and unsalted popcorn
- Broccoli, carrots, or cherry tomatoes with dip or low-fat yogurt
- Grapes
- Apple slices with peanut butter
- Raisins
- Nuts
- Graham crackers
- Gingersnap cookies
- Low- or reduced-fat string cheese
- Baked whole-grain tortilla chips with salsa
- Whole-grain cereal with low-fat milk

For additional healthier eating tips from U.S. Food and Drug Administration, please visit:  
[http://www.fda.gov/fdac/features/2005/305\\_eat.html](http://www.fda.gov/fdac/features/2005/305_eat.html)