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FATS

General Overview

Fat (lipid) is a macro-component of the diet. Major dietary sources of fat include meat, full fat dairy products, shortening, oils, lard, butter, mayonnaise, chocolate, avocados, nuts and peanut butter. Fat consists of monounsaturated, polyunsaturated and saturated fat.

Beneficial Properties:

- Concentrated energy source (9 Calories per gram of Fat)
- Necessary for the absorption of fat soluble vitamins
- Supplies essential fatty acids (linoleic and linolenic)
- Insulates body and helps maintain normal body temperature
- Provides the raw materials for several hormones

Deficiency Indicators:

- Of Essential Fatty Acids (linoleic and linolenic):
- Decreased growth and development in infants
- Dry scaly skin and hair loss

Excessive Intake and Toxicity Symptoms:

- Obesity

SOURCES of Fat (TOTAL)



Monounsaturated Fat



Polyunsaturated Fat



Saturated Fat

Monounsaturated Fat

A fatty acid. Major dietary sources of monounsaturated fat include canola (grape seed), olive, avocado and nut oils. Monounsaturated fat is liquid at room temperature.

Beneficial Properties:

Concentrated energy source (9 Calories per gram of Fat)

Deficiency Indicators:

No deficiencies have been noted

Excessive Intake and Toxicity Symptoms:

Obesity

SOURCES OF MONOUNSATURATED FAT

Polyunsaturated Fat

A fatty acid. Major dietary sources of polyunsaturated fat include soybean, safflower, corn, cottonseed and sesame oils. Polyunsaturated fat is liquid at room temperature.

Beneficial Properties:

Concentrated energy source (9 Calories per gram of Fat)

Deficiency Indicators:

Decreased growth and development in infants
Dry scaly skin and hair loss

Excessive Intake and Toxicity Symptoms:

Obesity

SOURCES OF POLYUNSATURATED FAT

SOURCES OF MONOUNSATURATED FAT

Food	Amount	Grams
Olive oil	1 tablespoon	9.9
Avocado oil	1 tablespoon	9.9
Canola oil	1 tablespoon	8.2
Peanut oil	1 tablespoon	6.2
Avocado	1/4 medium	5

SOURCES OF POLYUNSATURATED FAT

Food	Amount	Grams
Safflower oil	1 tablespoon	10.1
Corn oil	1 tablespoon	8
Soybean oil	1 tablespoon	7.9
Cotton seed oil	1 tablespoon	7.3
Mayonnaise	1 tablespoon	5.9
Sesame oil	1 tablespoon	5.7

SOURCES OF SATURATED FAT

Food	Amount	Grams
Coconut oil	1 tablespoon	11.8
Cocoa butter	1 tablespoon	8.1
Palm oil	1 tablespoon	6.7
Lard	1 tablespoon	6.4
Cheese, cream	1 ounce	6.2
Cheese, cheddar	1 ounce	6
Ribs, beef	3 1/2 ounces	5.6
Vegetable shortening	1 tablespoon	4
Bacon	3 slices	3.3
Liver, beef	3 1/2 ounces	2.8
Butter	1 teaspoon	2.5
Chicken, breast with skin	3 1/2 ounces	2.2
Chicken, breast without skin	3 1/2 ounces	0.9

SOURCES of FAT (TOTAL)

Food	Amount	Grams
Almonds	1 ounce	14.6
Cotton seed oil	1 tablespoon	14
Avocado oil	1 tablespoon	14
Ribs, beef	3 1/2 ounces	13.8
Soybean oil	1 tablespoon	13.6
Cocoa butter	1 tablespoon	13.6
Sesame Oil	1 tablespoon	13.6
Lard	1 tablespoon	12.8
Vegetable shortening	1 tablespoon	12
Mayonnaise	1 tablespoon	11
Tofu	1/2 cup	11
Cheese, cream	1 ounce	9.9
Cheese, cheddar	1 ounce	9.4
Bacon, cooked	3 slices	9.4
Liver, beef	3 1/2 ounces	8
Milk, whole	1 cup	8
Chicken, breast with skin	3 1/2 ounces	7.6
Avocado	1/4 medium	7.5
Milk, low fat	1 cup	5
Chicken, breast without skin	3 1/2 ounces	3.1

Saturated Fat

A fatty acid. Major dietary sources of saturated fat include meat, milk, cheese, egg yolk, lard, butter, cocoa butter, palm oil, shortening and any hydrogenated fat or oil. Saturated fat is solid at room temperature.

Beneficial Properties:

- Concentrated energy source (9 Calories per gram of Fat)
- Necessary to make certain fatty acids

Deficiency Indicators:

- No deficiencies have been noted

Excessive Intake and Toxicity Symptoms:

- Increased serum (blood) cholesterol
- Obesity

SOURCES OF SATURATED FAT

