The diets of most Americans are too high in fat. Here is a list of some common foods and the number of teaspoons of fat they contain. When you read labels, remember that four grams of fat equals one teaspoon of fat. To lower your risk of diseases like cancer and heart disease, less than 30% of the calories in your diet should come from fat.

Since the number of calories you need each day depends on your age, weight and whether you are male or female, the amount of fat you can eat does too. Younger people can eat more fat than older people, and men are allowed more fat in their diets than women.

If you are trying to lose weight, cutting down on fat is one way to help. On the average, women should try to eat no more than 60 to 80 grams of fat per day, or 15 to 20 teaspoons of fat. Men should eat foods that will add up to no more than 75 to 105 grams of fat or 18 to 26 teaspoons per day.

This list includes the fat in foods that you can’t see (like the fat in snack foods and baked goods), as well as the fat that you can see (like butter or margarine, or the fat on meat).

<table>
<thead>
<tr>
<th>MEATS and PROTEIN FOODS</th>
<th>TEASPOONS of FAT</th>
<th>MEATS and PROTEIN FOODS</th>
<th>TEASPOONS of FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Fast Food Hamburger</td>
<td>9</td>
<td>Peanuts, Dry Roasted, 1/4 cup</td>
<td>4 1/2</td>
</tr>
<tr>
<td>Fast Food Fish Sandwich</td>
<td>6</td>
<td>Bologna, 2 one-ounce slices</td>
<td>4</td>
</tr>
<tr>
<td>Salt Pork, raw, one ounce</td>
<td>5 1/2</td>
<td>Hot Dog, one</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Hamburger Patty, ground chuck, 3 1/2 ounces</td>
<td>5</td>
<td>Peanut Butter, 2 tablespoons</td>
<td>3 1/2</td>
</tr>
</tbody>
</table>

**ONE TEASPOON of FAT = about FOUR GRAMS of FAT**
<table>
<thead>
<tr>
<th>MEATS and PROTEIN FOODS</th>
<th>TEASPOONS of FAT</th>
<th>FATS and OILS</th>
<th>TEASPOONS of FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pig's Feet, cooked,</td>
<td>3</td>
<td>Lard, one teaspoon</td>
<td>ONE</td>
</tr>
<tr>
<td>2 1/2 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fried Chicken Leg</td>
<td>3</td>
<td>Vegetable Shortening,</td>
<td>ONE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>one teaspoon</td>
<td></td>
</tr>
<tr>
<td>Pizza, pepperoni, one slice</td>
<td>3</td>
<td>Butter, one teaspoon</td>
<td>ONE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Margarine, one teaspoon</td>
<td>ONE</td>
</tr>
<tr>
<td>Bacon, cooked, 3 slices</td>
<td>2 1/2</td>
<td>Corn Oil, one teaspoon</td>
<td>ONE</td>
</tr>
<tr>
<td>Pizza, cheese, one slice</td>
<td>2</td>
<td>Soft Tub Margarine,</td>
<td>Just Under ONE</td>
</tr>
<tr>
<td></td>
<td></td>
<td>one teaspoon</td>
<td></td>
</tr>
<tr>
<td>Baked Salmon, 3 ounces</td>
<td>2</td>
<td>Imitation Diet Margarine,</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>one teaspoon</td>
<td></td>
</tr>
<tr>
<td>Chicken, roasted</td>
<td>3/4</td>
<td>Nondairy Creamer, liquid,</td>
<td>1/4</td>
</tr>
<tr>
<td>without skin, 3 ounces</td>
<td></td>
<td>1/2 ounce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nondairy Creamer, powdered,</td>
<td>1/4</td>
</tr>
<tr>
<td>Tuna, canned in water,</td>
<td>3/4</td>
<td>1/2 ounce</td>
<td></td>
</tr>
<tr>
<td>3 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Fish (perch, flounder, halibut), 3 ounces</td>
<td>3/4</td>
<td>Nondairy Creamer, powdered, 1/2 ounce</td>
<td>1/4</td>
</tr>
<tr>
<td>DAIRY PRODUCTS</td>
<td>TEASPOONS of FAT</td>
<td>DAIRY PRODUCTS</td>
<td>TEASPOONS of FAT</td>
</tr>
<tr>
<td>----------------------</td>
<td>------------------</td>
<td>----------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Creamed Cottage Cheese, one cup</td>
<td>2 1/4</td>
<td>Yogurt, low-fat, one cup</td>
<td>3/4</td>
</tr>
<tr>
<td>Cheddar Cheese, one ounce</td>
<td>2</td>
<td>Half and Half, 1 1/2 tablespoons</td>
<td>2/3</td>
</tr>
<tr>
<td>Whole Milk, one cup</td>
<td>1 3/4</td>
<td>Milk, 1% low-fat, one cup</td>
<td>1/2</td>
</tr>
<tr>
<td>Ice Cream, regular, 1/2 cup</td>
<td>1 1/2</td>
<td>Milk, skim or nonfat, one cup or Yogurt, skim or nonfat, one cup</td>
<td>TRACE</td>
</tr>
<tr>
<td>Cream Cheese, one tablespoon</td>
<td>ONE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottage Cheese, low-fat (2%), one cup</td>
<td>ONE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk, 2% low-fat, one cup</td>
<td>ONE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRUITS and VEGETABLES</th>
<th>TEASPOONS of FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruits and Vegetables, most of them; plain</td>
<td>NONE</td>
</tr>
<tr>
<td>Avocado, 1/2 avocado</td>
<td>4</td>
</tr>
<tr>
<td>French Fries, 10 pieces</td>
<td>2</td>
</tr>
<tr>
<td>BREADS and CEREALS</td>
<td>TEASPOONS of FAT</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Croissant, one</td>
<td>2</td>
</tr>
<tr>
<td>Muffin, one small</td>
<td>ONE</td>
</tr>
<tr>
<td>Crackers, round buttery, 4 crackers</td>
<td>ONE</td>
</tr>
<tr>
<td>Crackers, cheese snack, 8 to 10 crackers</td>
<td>ONE</td>
</tr>
<tr>
<td>Biscuit or Pancake, one</td>
<td>3/4</td>
</tr>
<tr>
<td>Saltines, 2 crackers</td>
<td>TRACE</td>
</tr>
<tr>
<td>Breads and Cereals, most of them, one serving</td>
<td>From NONE to 1/4</td>
</tr>
</tbody>
</table>