

FOR YOUR INFORMATION

Listed below are some common foods, their calorie content, and the amount of fat in each. Compare the various foods. Are you surprised to find large amounts of fat in any of the foods?

FOOD	AMOUNT	CALORIES	FAT(g)
American Cheese	1 oz.	106	9
Cheddar Cheese	1 oz.	114	9
Cottage Cheese	1/2 cup	102	2
Mozzarella Cheese	1 oz.	72	5
Swiss Cheese	1 oz.	107	8
Ice Cream	1/2 cup	135	7
Ice Milk	1/2 cup	92	3
2% Chocolate Milk	1 cup	179	5
Skim Milk	1/2 cup	86	0
2% Lowfat Milk	1 cup	121	5
Whole Milk	1 cup	150	8
Chocolate Milkshake	10 oz.	360	11
Chocolate Pudding	1/2 cup	155	4
Frozen Yogurt	1/2 cup	225	3
Plain Yogurt	1 cup	144	4
Fried Chicken	3 oz.	218	11
Roasted Chicken	3 oz.	139	3
Ground Beef (broiled)	3 oz.	246	18
Baked Halibut	3 oz.	119	2
Baked Ham	3 oz.	156	9
Beef Hot Dog	2 oz.	184	17
Peanut Butter	2 tablespoons	188	16
Broiled Pork Chop	3 oz.	219	13
Roast Beef	3 oz.	164	7
Baked Potato	1 large	220	0
French Fries	10 strips	158	8
Bagel	1/ 2	100	1
Biscuit	1 small	95	3
Bran Muffin	1 small	140	4
Corn Flakes	1 oz.	110	0
Croissant	1/2 roll	118	6
English Muffin	1/2 muffin	70	1
Oatmeal (instant)	1 /2 cup	73	1
Pancake	1	60	2
White Rice (cooked)	1/2 cup	131	0
White Bread	1 slice	65	1
Whole Wheat Bread	1 slice	70	1

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Listed below are more common foods, their calorie content, and the amount of fat in each. Compare the various foods. Are you surprised to find large amounts of fat in any of these foods?

FOOD	AMOUNT	CALORIES	FAT(g)
Cheeseburger	1 regular	359	20
Cheese Pizza	2 slices	218	5
Fish Sandwich (with Cheese)	1 sandwich	524	29
Macaroni and Cheese	1 cup	430	22
Quiche (with bacon)	1/8 8-inch pie	342	26
Spaghetti and Meatballs	1 cup	330	12
Taco (with meat)	1 small	370	21
Apple Pie	1/8 9-inch pie	303	13
Corn Chips	1 oz.	155	9
Doughnut	1	210	12
Pretzel	1 oz.	112	1
Butter	1 tablespoon	102	12
Mayonnaise	1 tablespoon	99	11