

Sources of Fat



Fat is a nutrient in food that your body uses for energy, to absorb certain vitamins, and to support health. However, some fats can be “unhealthy”; these are **saturated fats** and **trans fats**. Eating too much of them can lead to weight gain and health problems.

Foods marked in **bold** are often high in these unhealthy fats. Fats are very calorie-dense, meaning a small amount contains a lot of calories.

To keep calories lower, measure and limit all fats to small portions. Aim for **1 standard serving of healthy (unsaturated) fat** with each of your **3 daily meals**, and **1 serving** as a snack or with your 4th meal. Unsaturated fats are considered “healthy” fats and can support heart health.

For more information:

- See the **Sources of Protein** handout to learn about saturated fat in meat, eggs, and dairy.
- Visit the **UW Center for Weight Loss and Metabolic Surgery** website for the free **Eat Well Be Well Nutrition Series** video to learn more.
- See the **Measurement Basics** handout to understand measurement abbreviations.
- Adjust food portions in your calorie app to keep your tracking accurate.

Food	Portion	Protein (g)	Unsaturated Fat (g)	Saturated Fat (g)	Total Carb (g)	Fiber (g)	Calories
Almonds	1 oz (28g)	6	13	1	6	3	174
Avocado	1/3 of whole (50g)	1	6	1	4	3	83
Avocado Oil	1 Tbsp (14g)	0	12	2	0	0	126
Blue cheese dressing	2 Tbsp (30g)	0	14	4	1	0	170
Butter	1 Tbsp (14g)	0	3	8	0	0	102
Canola oil	1 Tbsp (14g)	0	13	1	0	0	126
Cashews	1 oz (¼ c, 28g)	4	10	3	9	1	169
Cesar dressing	2 Tbsp (30g)	1	14	3	1	0	163
Chia Seed	1 Tbsp (12g)	2	3	0	5	4	58
Coconut (shredded)	¼ c (21.3g)	0	0	6	11	2	99
Coconut oil	1 Tbsp (14g)	0	2	12	0	0	126
Cream (half and half)	1 Tbsp (15g)	1	1	2	1	0	35
Cream (whipping)	1 Tbsp (15g)	0	2	4	1	0	58
Creamer flavored	1 Tbsp (15g)	0	0	2	5	0	38
Creamer sweet	1 Tbsp (15g)	0	0	2	5	0	38
Coffeemate (dry)	1 Tbsp (15g)	0	2	1	6	0	51
Flax seed (ground)	2 Tbsp (13g)	2	4	1	4	4	69
Flax seed oil	1 Tbsp (14g)	0	12	1	0	0	117
French dressing	2 Tbsp (30g)	0	9	2	5	0	119
Hemp seeds ground	3 Tbsp (30g)	10	13	1	3	1	178
Hummus	¼ c (60g)	5	5	1	9	4	110



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Honey mustard dressing	2 Tbsp (30g)	0	10	2	7	0	136
Italian dressing	2 Tbsp (30g)	0	5	1	4	0	70
Macadamia nuts	1 oz (28g)	5	12	3	6	2	179
Margarine	1 Tbsp (14g)	0	9	5	0	0	126
Margarine (light)	1 Tbsp (14g)	0	3	3	0	0	54
Mayonnaise	1 Tbsp (14g)	0	9	2	0	0	99
Mayonnaise Light	1 Tbsp (15g)	0	3	1	2	0	44
Miracle Whip	1 Tbsp (15g)	0	0	3	2	0	40
Miracle Whip light	1 Tbsp (15g)	0	1	1	2	0	26
Mixed nuts	1 oz (28g)	5	12	2	7	3	174
Olives black	10 (38g)	0	4	1	3	1	57
Olives green	10 (27g)	0	4	1	1	1	49
Olive oil	1 Tbsp (14g)	0	12	2	0	0	126
Mayonnaise	1 Tbsp (15g)	0	5	1	0	0	54
Peanuts	1 oz (28g)	7	9	4	6	3	169
Peanut butter	2 Tbsp (32g)	7	10	6	8	2	196
Peanut oil	1 Tbsp (14g)	0	11	3	0	0	126
Pecans	1 oz (28g)	3	17	2	4	1	199
Pepitas	1 oz (28g)	9	10	3	4	2	169
Pine nuts	1 oz (28g)	4	16	2	4	1	194
Pistachio nuts	1 oz (28g)	6	11	2	8	3	173
Pumpkin seeds	1 oz (28g)	9	10	3	4	2	169
Ranch dressing	2 Tbsp (30g)	0	11	3	2	0	134
Russian dressing	2 Tbsp (30g)	0	6	1	10	0	107
Sesame seeds	1 Tbsp (8g)	1	3	1	2	1	48
Sunflower seed kernels	1 oz (28g)	6	12	2	4	3	166
Sunflower seed oil	1 Tbsp (14g)	0	13	2	0	0	135
Tahini	1 Tbsp (15g)	3	7	1	3	1	96
Thousand island dressing	2 Tbsp (30g)	0	8	2	5	0	114
Vegetable oil	1 Tbsp (14g)	0	11	2	0	0	120
Vinaigrette dressing	2 Tbsp (29g)	0	5	1	4	0	74
Walnuts	1 oz (28g)	4	16	2	4	2	194
Walnut oil	1 Tbsp (14g)	0	12	2	0	0	126

Please note the calories, carbohydrates, protein, fat, and fiber content are approximate values based on nutrition information provided at the USDA database, Nutritionix, and food labels. You may find varying numbers between brands. For consistency, measure your foods and use your calorie app to guide you.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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