

This page was adapted from the government's website on the latest food pyramid.
http://www.mypyramid.gov/pyramid/discretionary_calories_fats_count.html#

How are solid fats different from oils?

Solid fats contain more **saturated fats** and/or **trans fats** than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Look for foods that are low in saturated fats, *trans* fats and cholesterol, to help reduce your risk of heart disease. *Trans* fats can be found in many cakes, cookies, crackers, icings, margarines, and microwave popcorns. Foods containing partially-hydrogenated vegetable oils usually contain *trans* fats.

Saturated fats, *trans* fats, and cholesterol tend to raise “bad” (LDL) cholesterol levels in the blood, which in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats, *trans* fats and cholesterol.

The chart gives a quick guide to the amount of solid fats in some common foods:

	Amount of food	Amount of solid fat	Calories from solid fat	Total calories
		Teaspoons /grams	Approximate calories	Approximate calories
Solid Fats:				
Shortening	1 Tbsp	3 tsp/13 g	115	115
Butter	1 Tbsp	2 ½ tsp/12 g	100	100
Margarine (hard or stick)	1 Tbsp	2 ½ tsp/11 g	100	100
Coconut or palm kernel oil	1 Tbsp	3 tsp/14 g	120	120
Food rich in solid fats:				
Heavy cream	1 Tbsp	1 tsp/5 g	50	50
Half and half cream	1 Tbsp	½ tsp/2 g	15	20
Sour cream	1 Tbsp	½ tsp/2 g	20	25
Whole milk	1 cup	2 tsp/8 g	70	145
Cheddar cheese	1 ½ oz	3 tsp/14 g	125	170
Ice cream, chocolate	1 cup	3 tsp/14 g	125	285
Bacon, cooked	2 slices	1 ½ tsp/6 g	55	85
Pork sausage	2 links (2 oz)	3 tsp/14 g	120	165
Hamburger—regular (80% lean)	3 ounces cooked	3 tsp/14 g	120	205
Prime rib roast, lean and fat (1/8" trim)	3 ounces cooked	6 tsp/29 g	255	340
Prime rib roast, lean only	3 ounces cooked	3 ½ tsp/16 g	140	250
Croissant	1 medium (2 oz)	3 tsp/12 g	105	230
Biscuit	1 small (2.5" diam)	1 ½ tsp/6 g	50	125
Pound cake	1/12 of 12 oz cake	1 ½ tsp/6 g	50	110
Cheese Danish	1 pastry (2 ½ oz)	3 ½ tsp/16 g	135	265
Chocolate creme pie	1/6 of 8" pie	5 tsp/22 g	195	345