

Table 7. Amount of Total Fat That Provides 30 Percent of Calories and Saturated Fat That Provides 10 Percent

Several scientific groups suggest that Americans moderate the amount of fat in their diets. Some recommend that fat be limited to amounts that will provide no more than 30 percent of calories. Table 7 lists the amount of fat that provides 30 percent of calories for diets at different total daily calorie levels. For example, a woman wishing to moderate

her fat intake to 30 percent of her 2,000-calorie diet is advised to select foods that total no more than 65 grams of fat per day. She can use table 9 to estimate the grams of fat in the foods she eats.

Table 7 also shows the amount of saturated fat that provides 10 percent of calories for diets at several different daily calorie levels. The amounts of saturated fat are given in upper limits because of that type of fat's ability to raise blood cholesterol levels.

Table 7. Amount of Total Fat That Provides 30 Percent of Calories and Saturated Fat That Provides 10 Percent

Total calories per day	Total fat (g) (no more than 30% of total calories)	Saturated fat (g) (no more than 10% of total calories)
1,600	53	18
2,000*	65	20
2,200	73	24
2,500*	80	25
2,800	93	31

* Percent Daily Values on Nutrition Facts Labels are based on a 2,000-calorie diet. Values for 2,000 and 2,500 calories are rounded to the nearest 5 g to be consistent with the label.

Source: U.S. Department of Agriculture and Department of Health and Human Services (2000)