

Whole Sources of Fat	Amount per 100g	Additional Information
Avocado	19.5g	N/A
Peanuts	49.5g	Plain - no salt, no roast
Cashew Nuts	45.7g	N/A
Almonds	51.7g	N/A
Egg (Yolk)	27g	N/A
Beef (20% Fat Mince) **	19.8g	N/A
Pork (Belly) **	20.2g	N/A
Sunflower Seeds	47.5g	Used for Vegetarian Protein Sources
Pumpkin Seeds	45.6g	Used for Vegetarian Protein Sources
Sesame Seeds	56.4g	Used for Vegetarian Protein Sources
Mackerel	20.1g	Whilst also a source of protein this food has a greater amount of fats per 100g
Single Cream	19.1g	N/A
Greek Style Yoghurt	9.5g	N/A
Cheddar Cheese	34.9g	N/A
Red Leicester	33.6g	N/A
Olive Oil	91.3g	Per 100ml
Sunflower Oil	100g	Per 100ml
Rapeseed/Canola Oil	91.7g	Per 100ml
Walnut Oil	100g	Per 100ml
Lurpak	78g	Spreadable Variety
Lower Fat Spreadable	42g	"I can't believe it's not butter"
Dark Chocolate	46g	Lindt 85% cocoa

\* Colours are representative of their location within the eat-well plate.

\*\* The eat-well plate advises lower fat meats as protein sources however, this is only advisory and these food groups will still belong here in their raw form.

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