

| 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.

O R I G Y M