

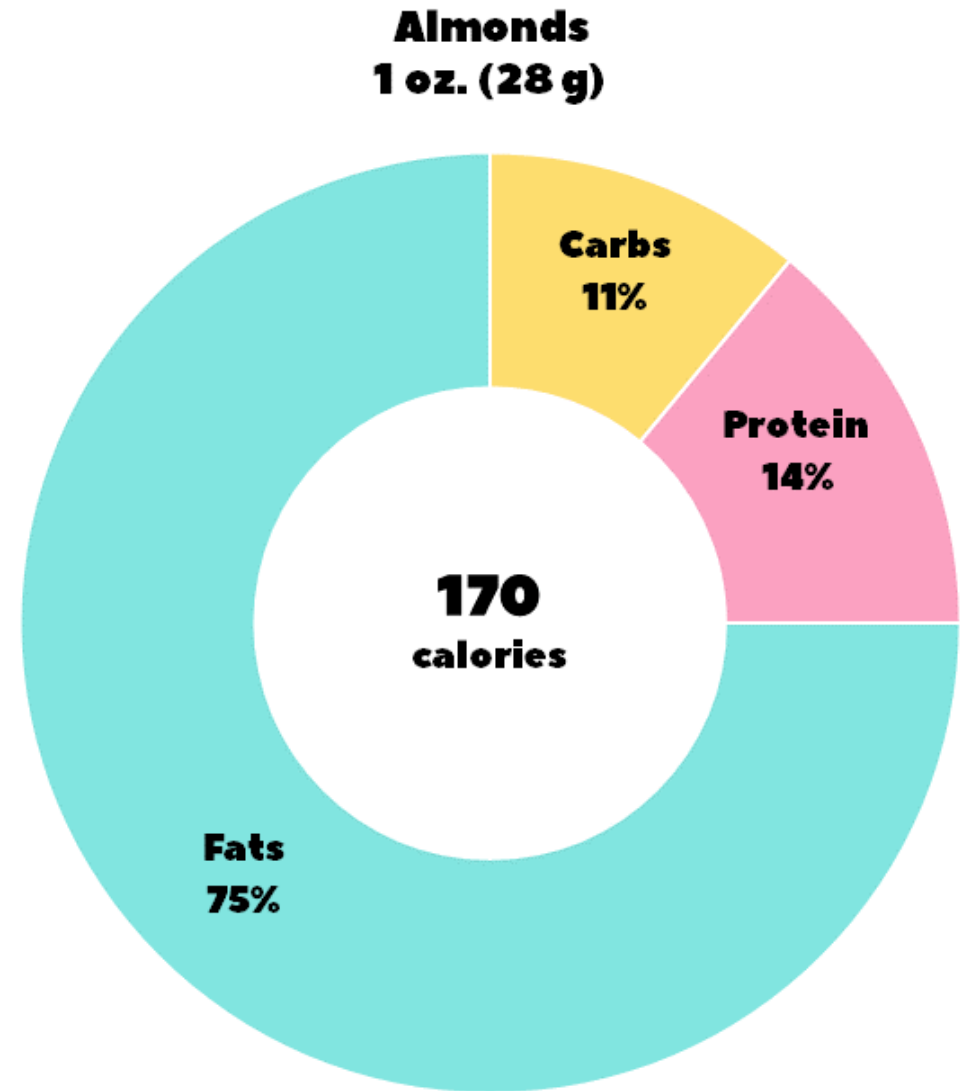
Fats Guide

Almonds

Serving size: 1 oz. (28 g)

Calories: 170

	% Daily Value
Total Fat: 15 g	26%
Saturated fat: 1 g	
Polyunsaturated fat: 4 g	
Monounsaturated fat: 10 g	
Total Carbohydrates: 5 g	5%
Dietary fiber: 3 g	
Sugars: 1 g	
Protein: 6 g	4%

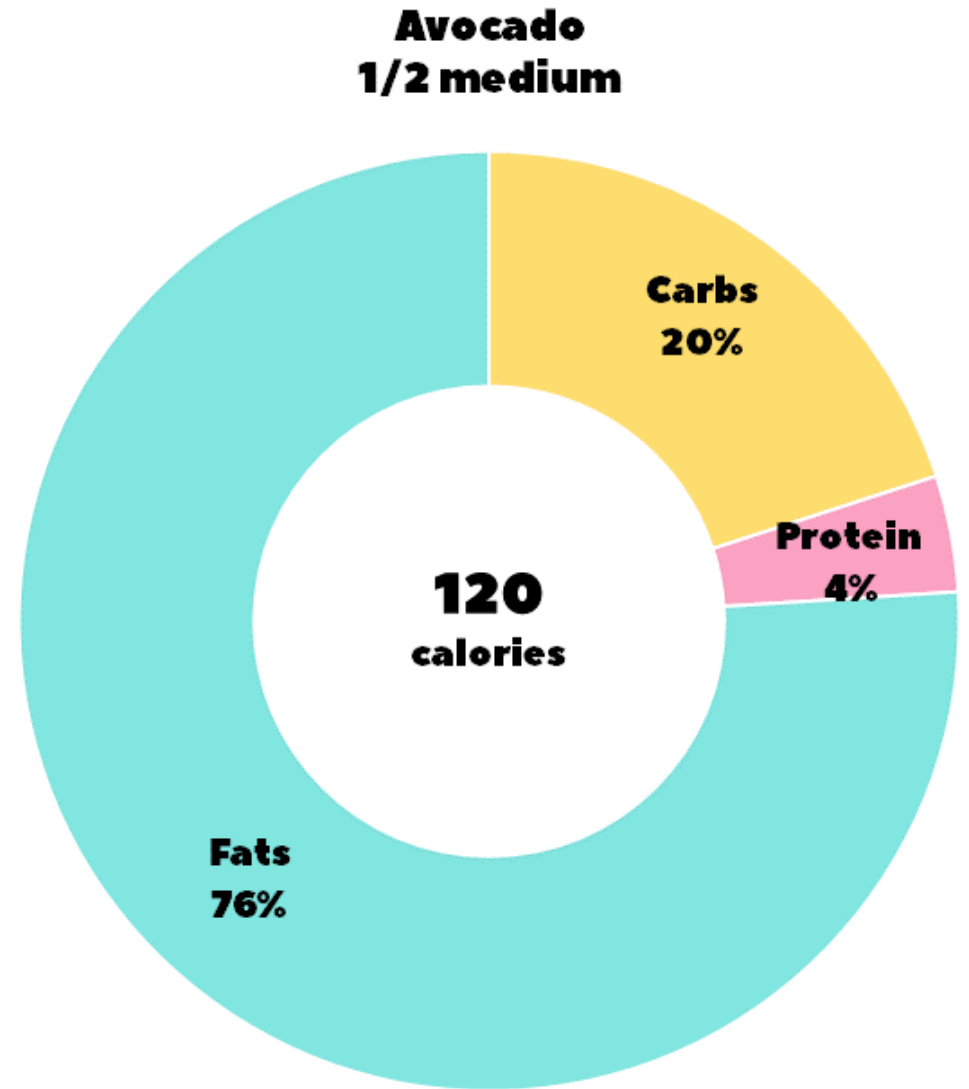


Avocado

Serving size: 1/2 medium

Calories: 120

	% Daily Value
Total Fat: 11 g	19%
Saturated fat: 1 g	
Polyunsaturated fat: 4 g	
Monounsaturated fat: 10 g	
Total Carbohydrates: 6.5 g	7%
Dietary fiber: 3 g	
Sugars: 1 g	
Protein: 1.5 g	1%

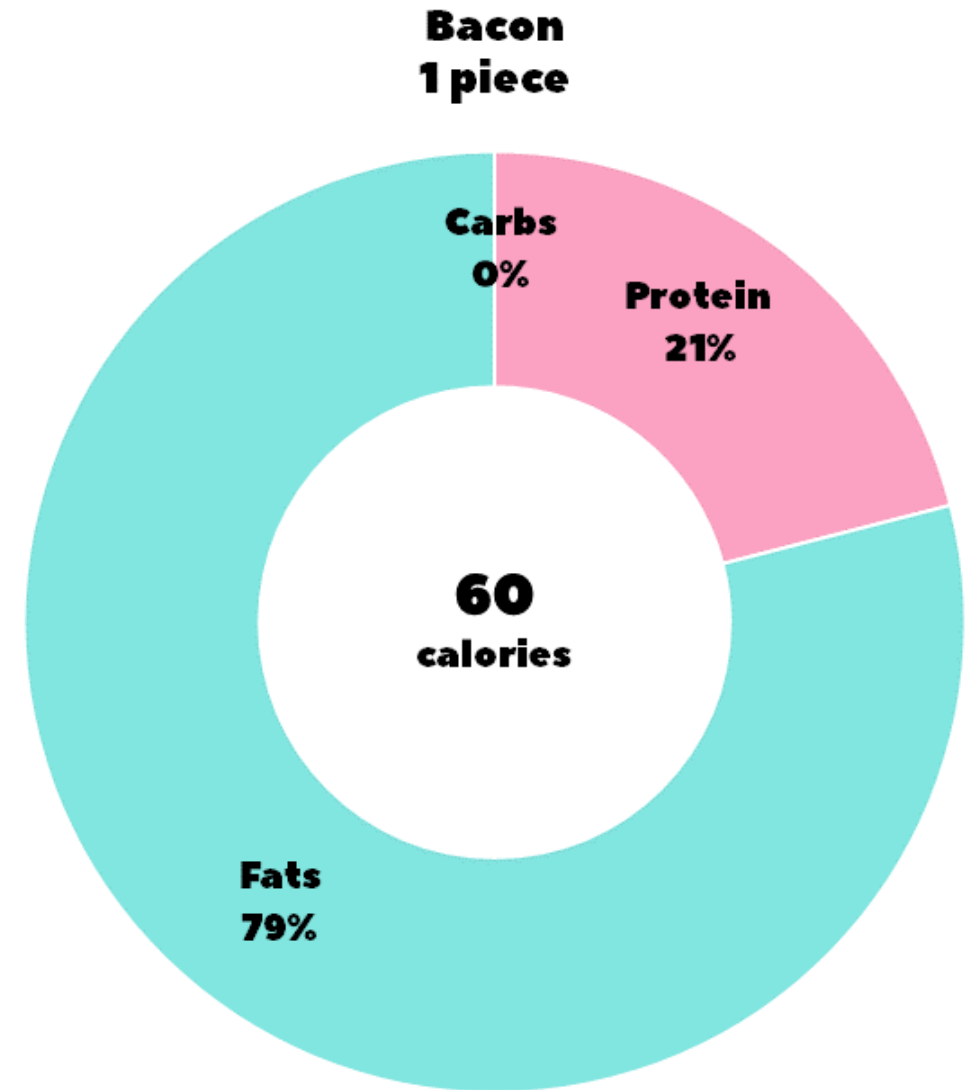


Bacon

Serving size: 1 piece

Calories: 60

	% Daily Value
Total Fat: 5 g	9%
Saturated fat: 2 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 0 g	0%
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 3 g	2%



Butter

Serving size: 1 pat

Calories: 36

% Daily Value

Total Fat: 4 g 7%

Saturated fat: 2.5 g

Polyunsaturated fat: 0.2 g

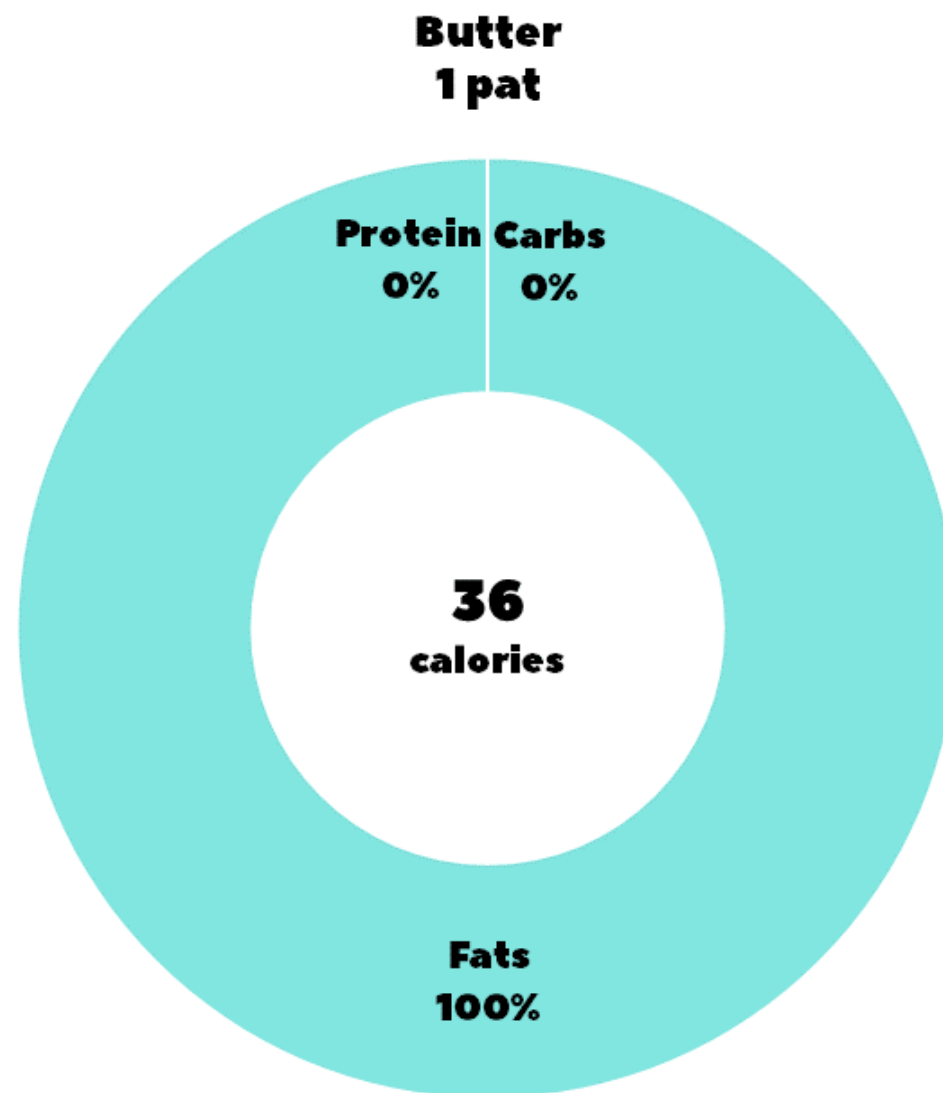
Monounsaturated fat: 1.2 g

Total Carbohydrates: 0 g 0%

Dietary fiber: 0 g

Sugars: 0 g

Protein: 0 g 0%

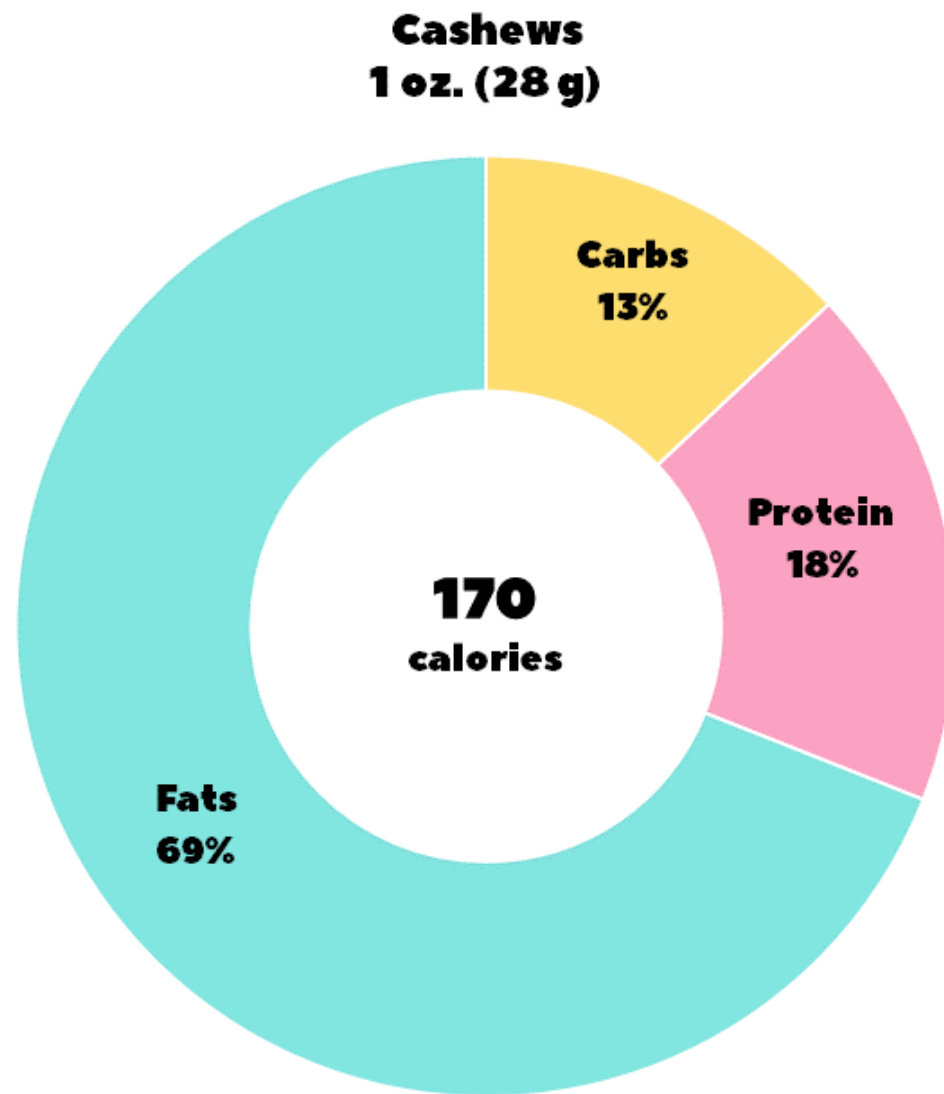


Cashews

Serving size: 1 oz (28 g)

Calories: 170

	% Daily Value
Total Fat: 14 g	24%
Saturated fat: 2 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 6 g	6%
Dietary fiber: 2 g	
Sugars: 1 g	
Protein: 8 g	5%



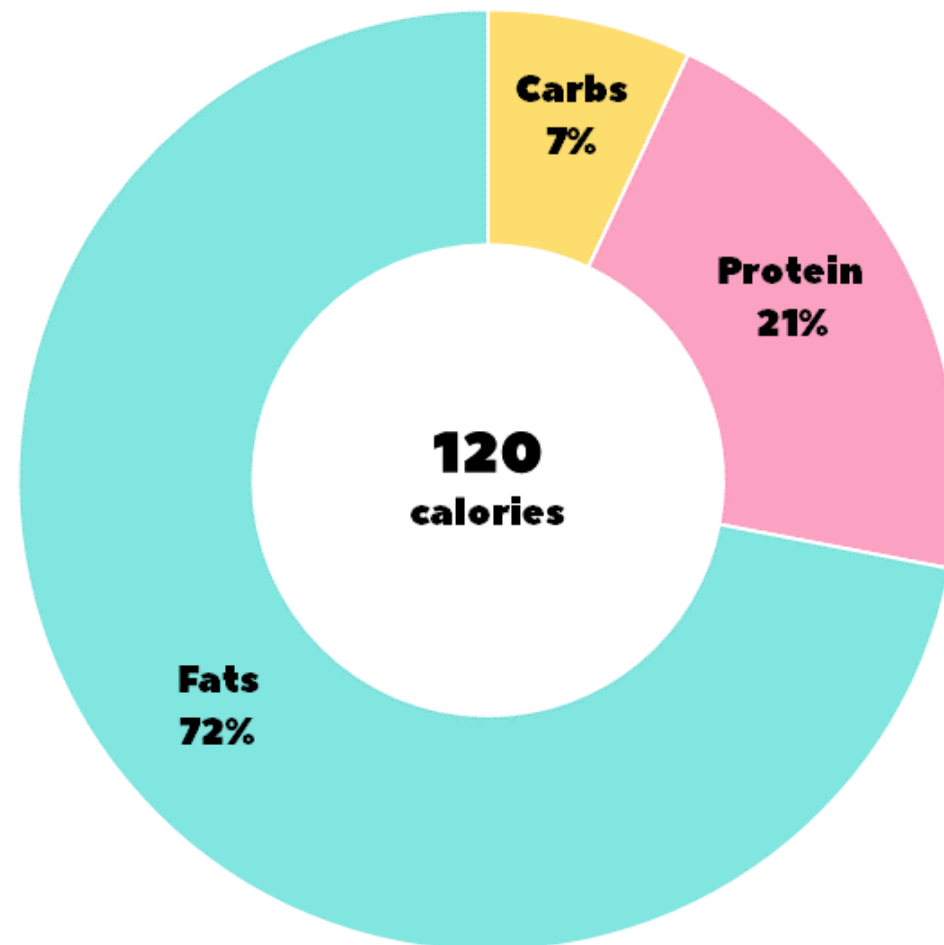
Cheddar cheese

Serving size: 1 oz. (28 g)

Calories: 120

	% Daily Value
Total Fat: 9 g	16%
Saturated fat: 6 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 2 g	2%
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 6 g	4%

Cheddar cheese
1 oz. (28 g)

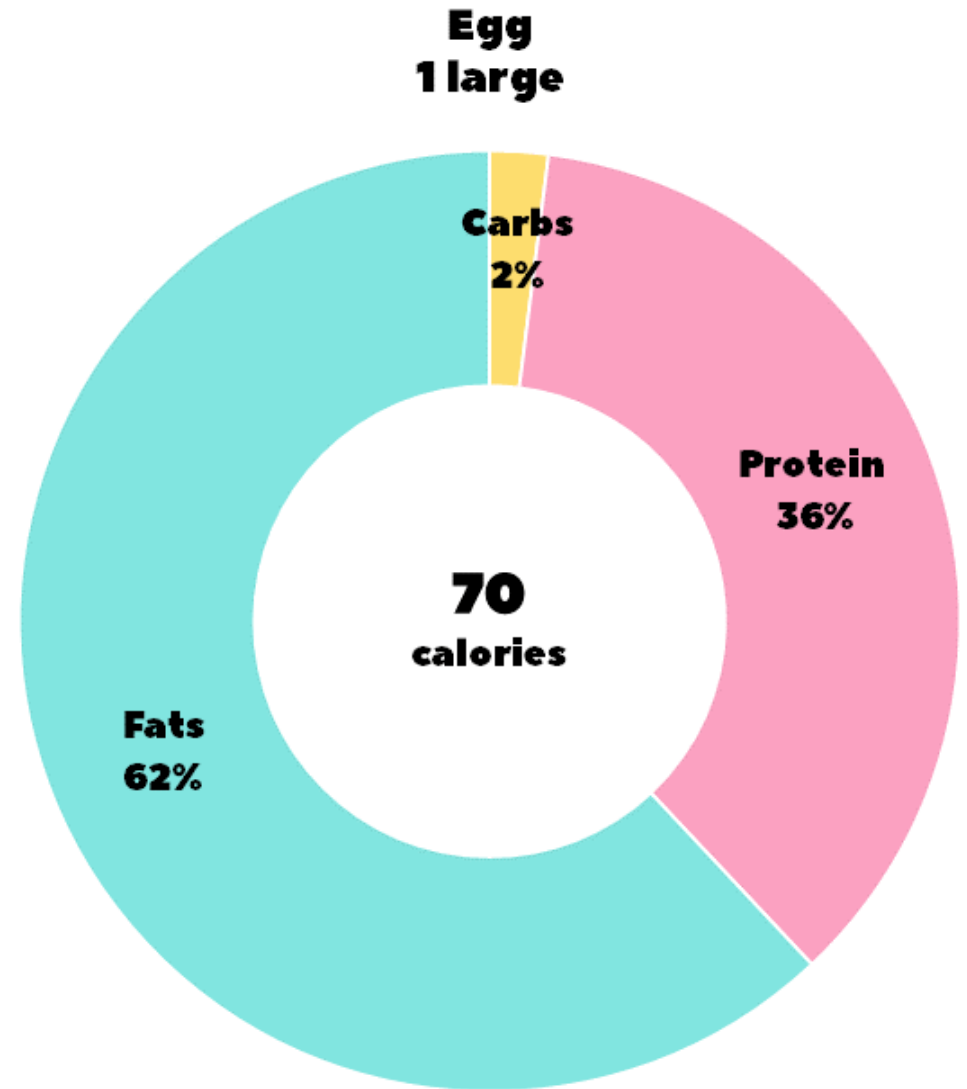


Egg

Serving size: 1 large

Calories: 70

	% Daily Value
Total Fat: 5 g	8%
Saturated fat: 1.5 g	
Polyunsaturated fat: 1 g	
Monounsaturated fat: 2 g	
Total Carbohydrates: 0.5 g	0%
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 6 g	4%



Peanut butter

Serving size: 2 Tbsp

Calories: 190

	% Daily Value
Total Fat: 16 g	28%
Saturated fat: 2.5 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 8 g	9%
Dietary fiber: 2 g	
Sugars: 3 g	
Protein: 7 g	5%

