Fats Guide

Almonds

Serving size: 1 oz. (28 g)

Calories: 170

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

Almonds
1 oz. (28 g)

Carbs 11%

Protein 14%

170 calories

Fats 75%
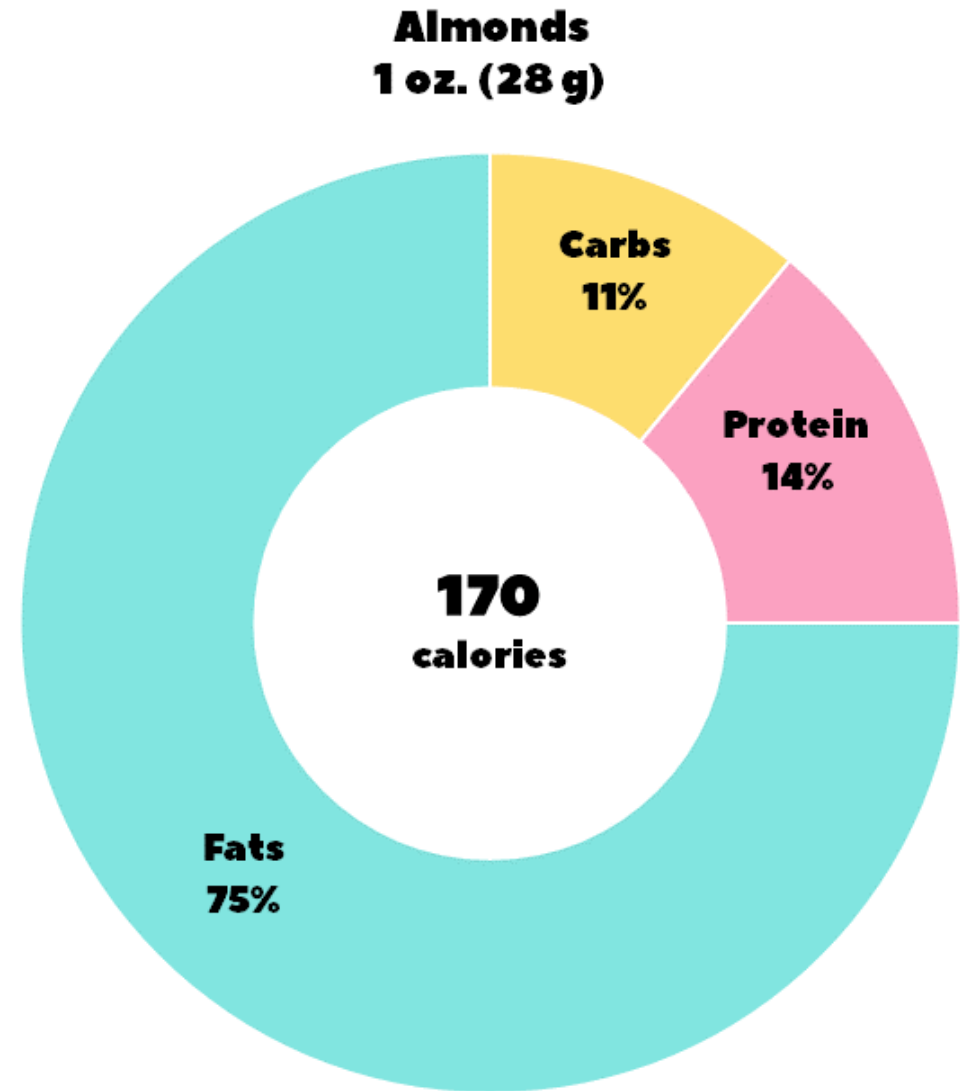
Avocado

Serving size: 1/2 medium

Calories: 120

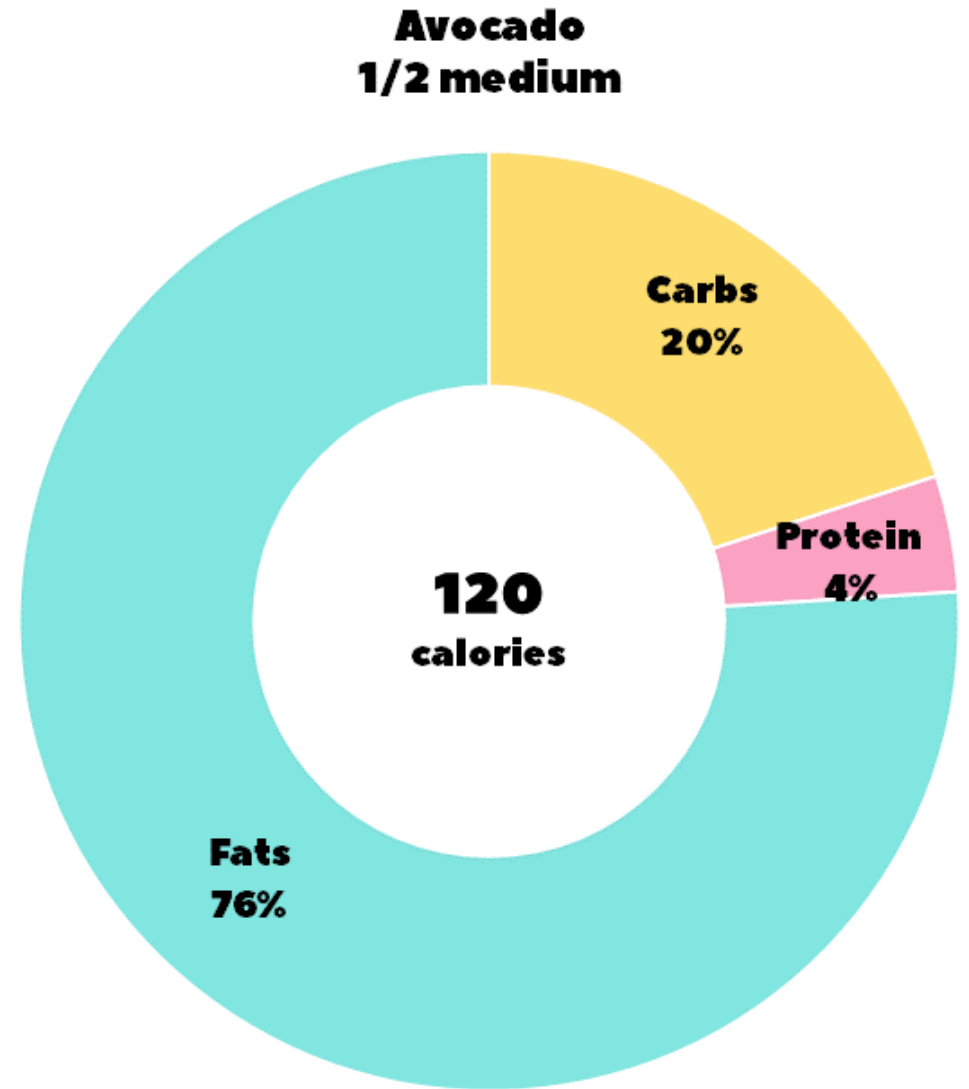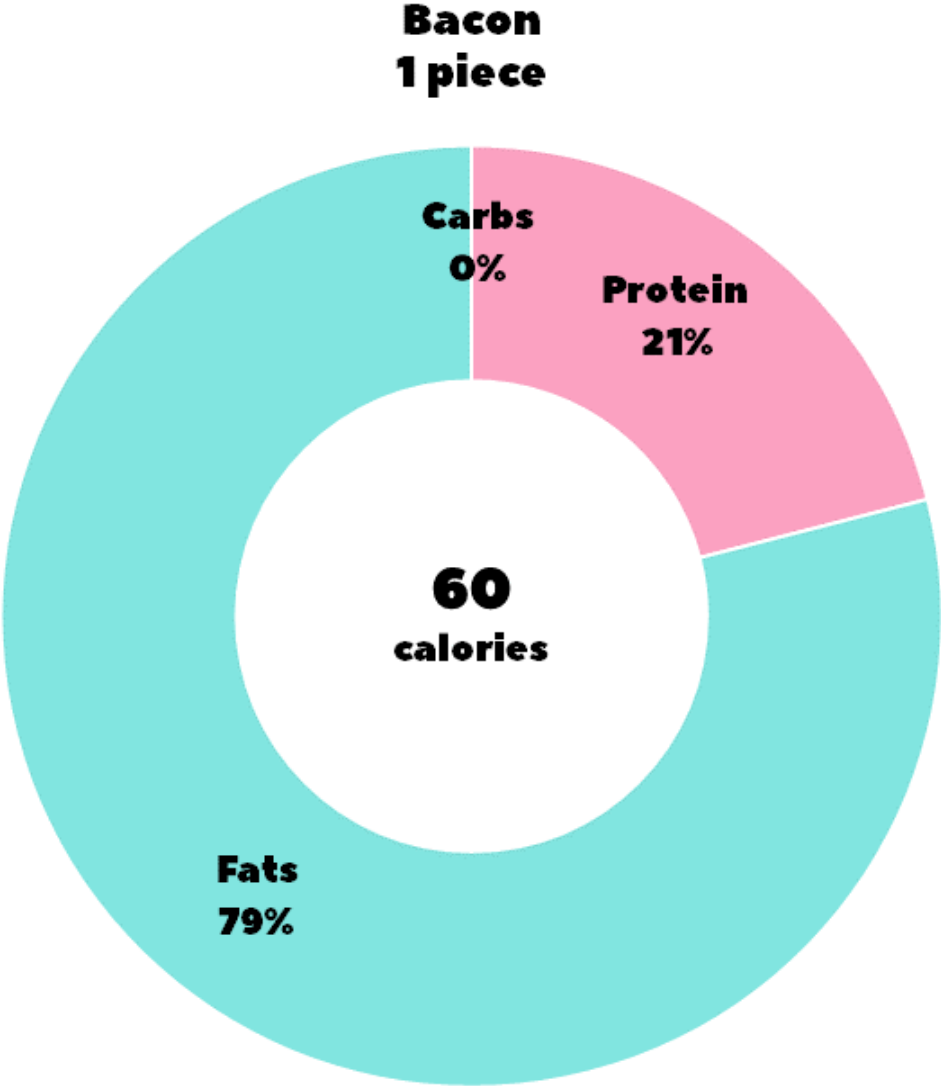|	% Daily Value
Total Fat: 11 g	**19%**
Saturated fat: 1 g	
Polyuaturated fat: 4 g	
Monounsaturated fat: 10 g	
Total Carbohydrates: 6.5 g	**7%**
Dietary fiber: 3 g	
Sugars: 1 g	
Protein: 1.5 g	**1%**

Avocado
1/2 medium

Carbs
20%

Protein
4%

120
calories

Fats
76%

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%**

Bacon
1 piece

Carbs
0%

Protein
21%

60
calories

Fats
79%

Butter

Serving size: 1 pat

Calories: 36

	% Daily Value
Total Fat: 4 g	**7%**
Saturated fat: 2.5 g	
Polyuaturated 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%**

Butter
1 pat

Protein 0%   Carbs 0%

36 calories

Fats 100%
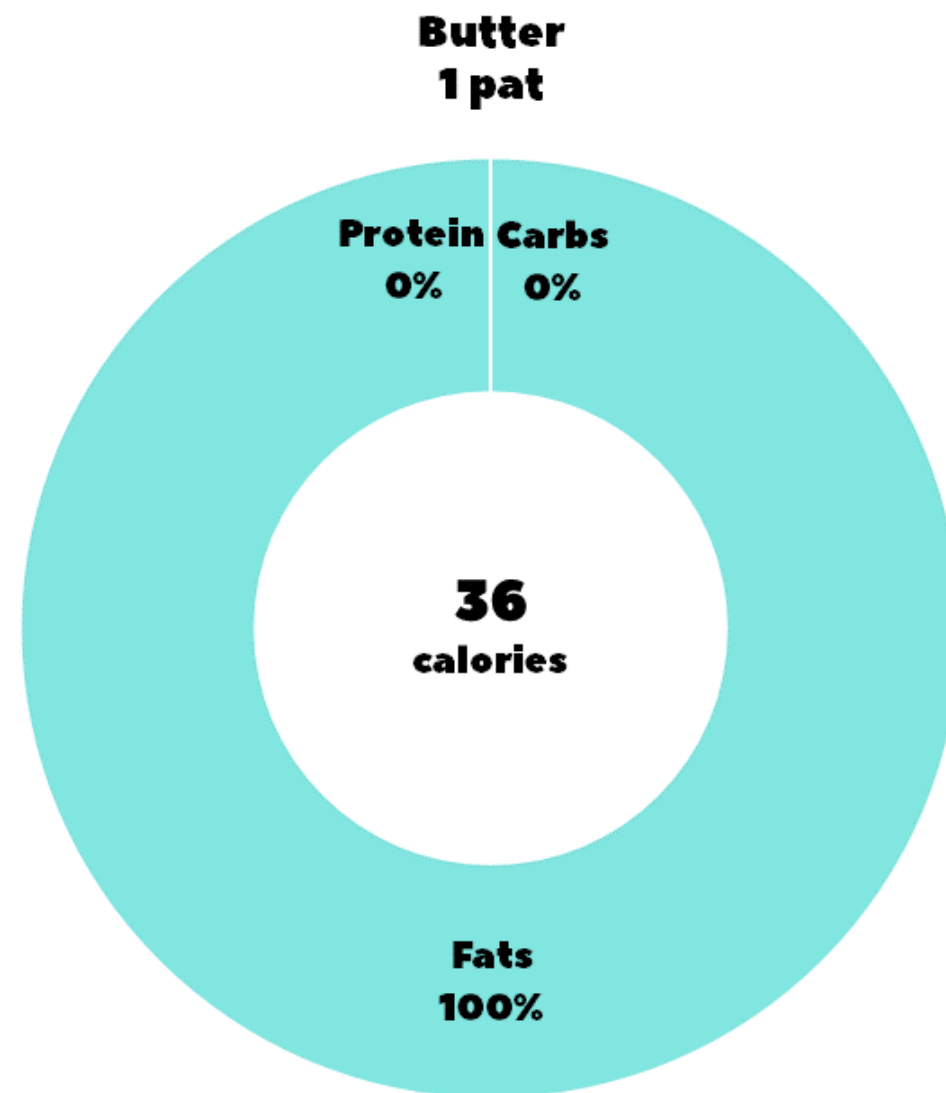
Cashews

Serving size: 1 oz (28 g)

Calories: 170

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

Cashews
1 oz. (28 g)

Carbs
13%

Protein
18%

170
calories

Fats
69%
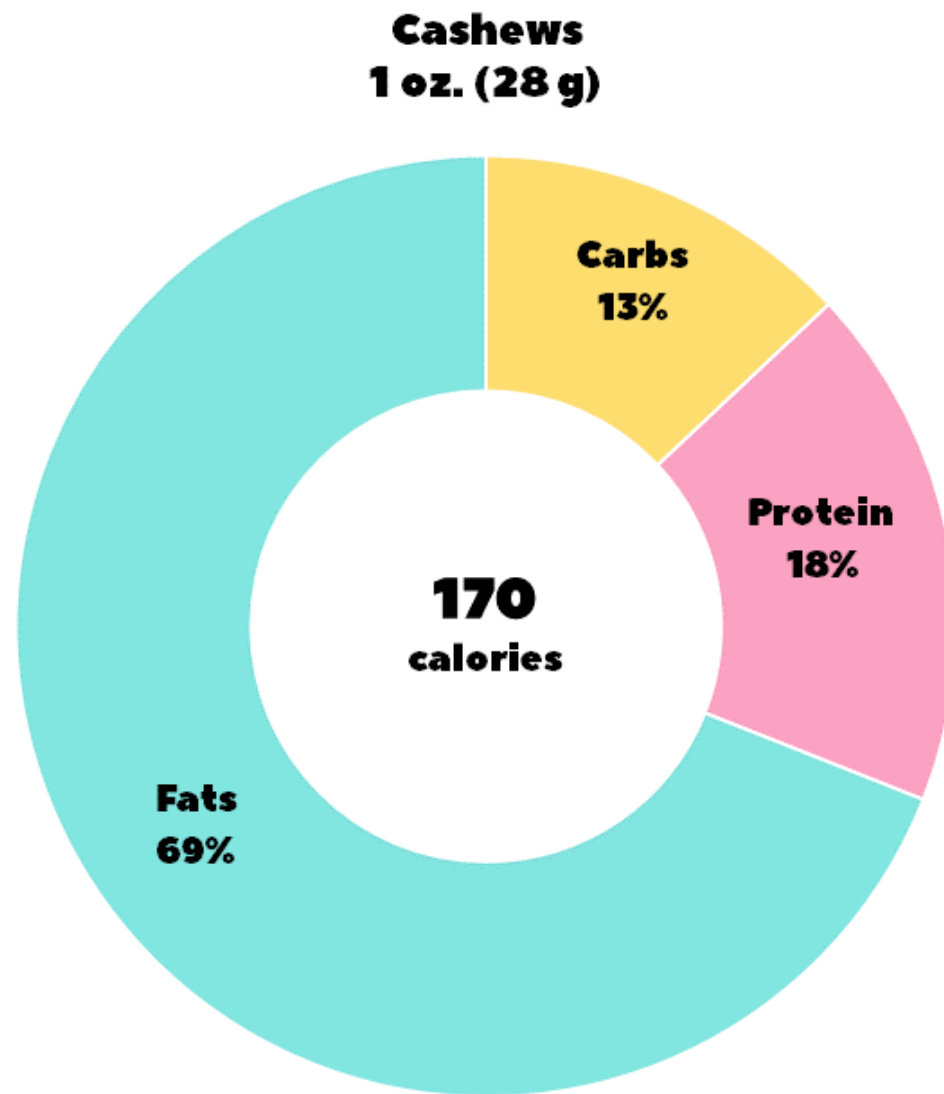
Cheddar cheese

Serving size: 1 oz. (28 g)

Calories: 120

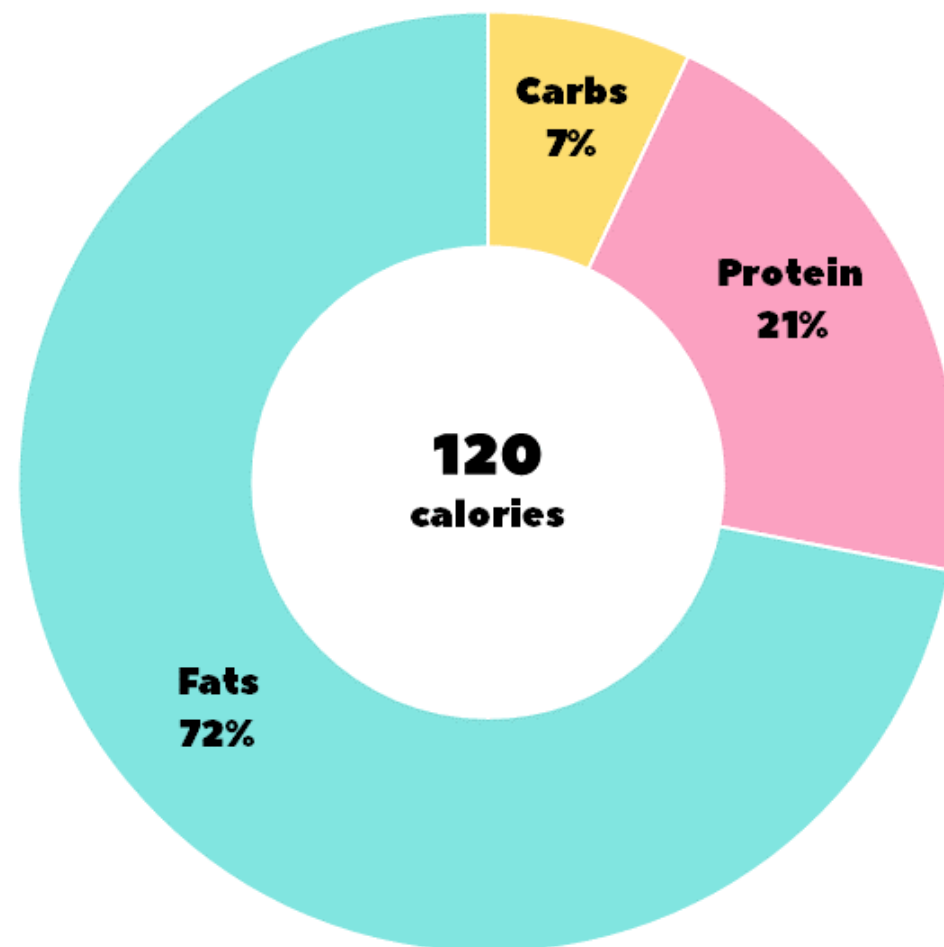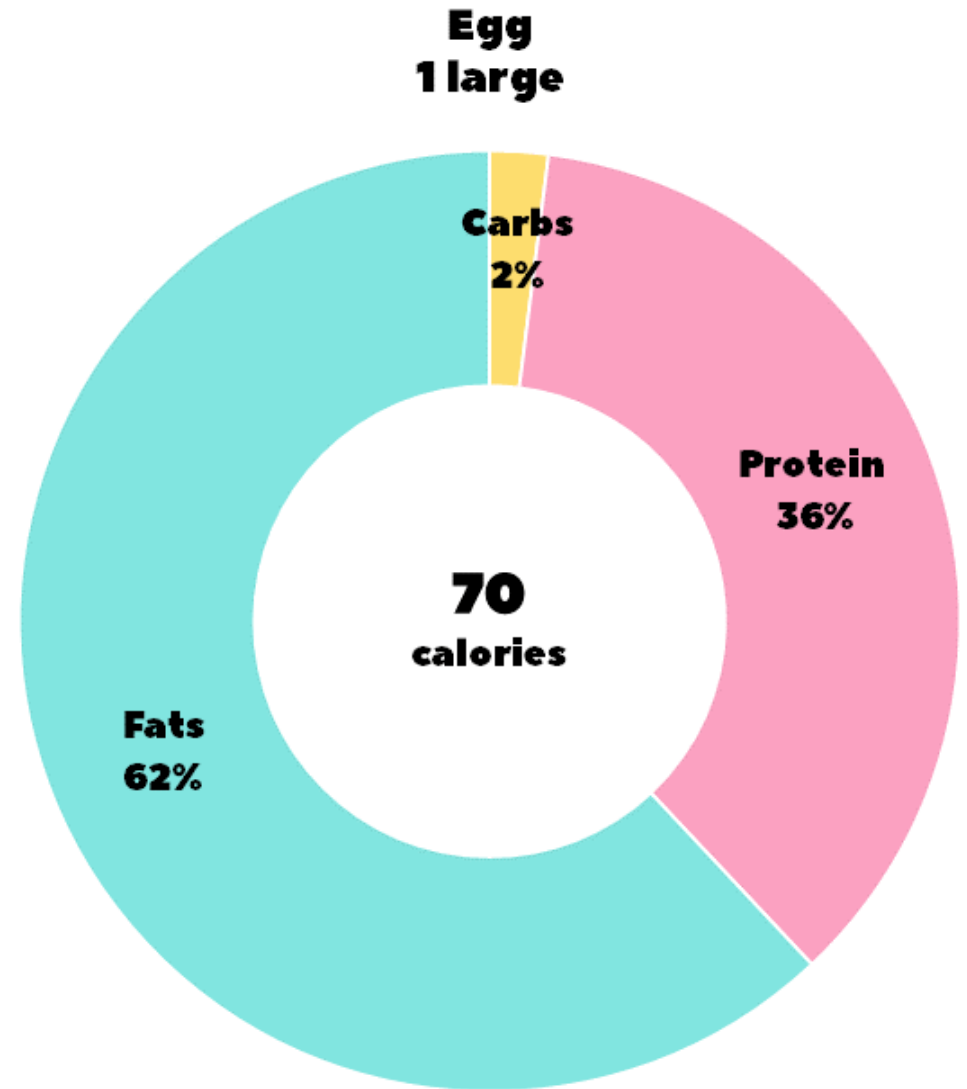|	% Daily Value
Total Fat: 9 g	**16%**
Saturated fat: 6 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 2 g	**2%**
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 6 g	**4%**

Cheddar cheese
1 oz. (28 g)

Carbs
7%

Protein
21%

120
calories

Fats
72%

Egg

Serving size: 1 large

Calories: 70

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

Egg
1 large

Carbs
2%

Protein
36%

70
calories

Fats
62%

Peanut butter

Serving size: 2 Tbsp

Calories: 190

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

Peanut butter
2 Tbsp

Carbs
16%

Protein
13%

190
calories

Fats
71%