

# Foods highest in

# Saturated fats

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**18.5 g**

nominal daily value.

| <u>Food</u>             | <u>Day%</u> | <u>Score</u> | <u>oz</u> | <u>gms</u> | <u>Food</u>               | <u>Day%</u> | <u>Score</u> | <u>oz</u> | <u>gms</u> |
|-------------------------|-------------|--------------|-----------|------------|---------------------------|-------------|--------------|-----------|------------|
| Coconut oil             | 54%         | -51          | 0.4       | 12         | Goat milk                 | 21%         | 97           | 5.1       | 145        |
| Butter                  | 39%         | -19          | 0.5       | 14         | Ricotta cheese, skim      | 19%         | 139          | 2.6       | 72         |
| Baking chocolate        | 35%         | 144          | 0.7       | 20         | Frankfurter beef          | 19%         | 51           | 1.1       | 31         |
| Cream cheese            | 34%         | 10           | 1.0       | 29         | Yogurt, plain, whole milk | 19%         | 104          | 5.8       | 164        |
| Sour cream              | 33%         | 16           | 1.6       | 47         | Evaporated milk           | 19%         | 83           | 2.6       | 75         |
| Feta cheese             | 31%         | 85           | 1.3       | 38         | Vanilla ice cream         | 18%         | 13           | 1.8       | 50         |
| Palm oil                | 30%         | 1            | 0.4       | 11         | Menhaden oil              | 18%         | 345          | 0.4       | 11         |
| Half and half           | 30%         | 36           | 2.7       | 77         | French vanilla ice cream  | 18%         | 10           | 1.6       | 45         |
| Goat cheese             | 29%         | 93           | 0.8       | 22         | Sardine oil               | 18%         | 298          | 0.4       | 11         |
| Blue cheese             | 29%         | 78           | 1.0       | 28         | Eggnog                    | 18%         | 38           | 2.6       | 74         |
| American cheese         | 28%         | 64           | 0.9       | 27         | Frankfurter, pork         | 18%         | 99           | 1.3       | 37         |
| Cheddar cheese          | 28%         | 80           | 0.9       | 25         | Spam                      | 17%         | -9           | 1.1       | 32         |
| Roquefort cheese        | 28%         | 71           | 1.0       | 27         | Whole milk 3.25% fat      | 17%         | 123          | 5.9       | 167        |
| Brie cheese             | 28%         | 81           | 1.1       | 30         | Egg yolk                  | 16%         | 38           | 1.1       | 31         |
| Muenster cheese         | 28%         | 84           | 1.0       | 27         | Link sausage, smoked      | 16%         | 82           | 0.9       | 26         |
| Colby cheese            | 28%         | 79           | 0.9       | 25         | Human milk                | 16%         | 29           | 5.0       | 143        |
| Limburger cheese        | 28%         | 91           | 1.1       | 31         | Infant formula, SIMILAC   | 15%         | 96           | 5.3       | 152        |
| Monterey cheese         | 28%         | 87           | 0.9       | 27         | Italian pork sausage      | 15%         | 79           | 1.0       | 29         |
| Sour cream, reduced fat | 27%         | -15          | 2.3       | 66         | Beef, ground,15% fat      | 15%         | 138          | 1.6       | 47         |
| Gouda cheese            | 27%         | 97           | 1.0       | 28         | Beef jerky                | 14%         | 37           | 0.9       | 24         |
| Ground nutmeg           | 27%         | 44           | 0.7       | 19         | Corned beef hash          | 14%         | 64           | 2.2       | 61         |
| Provolone cheese        | 26%         | 100          | 1.0       | 28         | Frankfurter, turkey       | 14%         | 71           | 1.6       | 44         |
| Ricotta cheese          | 26%         | 94           | 2.0       | 57         | Bacon, cooked             | 14%         | 95           | 0.6       | 18         |
| Cheese Spread, Velveeta | 26%         | -12          | 1.2       | 33         | Cream of potato soup      | 14%         | 80           | 5.9       | 167        |
| Swiss cheese            | 25%         | 125          | 0.9       | 26         | Milk 2% with vitamin A    | 14%         | 162          | 7.1       | 200        |
| Romano cheese           | 24%         | 108          | 0.9       | 26         | Cod liver oil             | 14%         | 748          | 0.4       | 11         |
| Sheep milk              | 23%         | 110          | 3.3       | 93         | Herring oil               | 13%         | 141          | 0.4       | 11         |
| Cocoa, dry powder       | 23%         | 212          | 1.2       | 33         | Brazilnuts, dried         | 12%         | 507          | 0.5       | 15         |
| Parmesan cheese         | 23%         | 124          | 0.9       | 26         | Chocolate chip cookies    | 12%         | 36           | 0.8       | 24         |
| Rich vanilla ice cream  | 22%         | 3            | 1.4       | 40         | Sage                      | 12%         | 554          | 1.1       | 32         |
| Bologna, beef           | 22%         | 12           | 1.1       | 32         | Rosemary, dried           | 12%         | 274          | 1.1       | 30         |
| Parmesan cheese, grated | 22%         | 118          | 0.8       | 23         | Malted milk, chocolate    | 12%         | 86           | 4.1       | 118        |
| Mozzarella cheese, skim | 22%         | 136          | 1.4       | 39         | Salmon oil                | 12%         | 459          | 0.4       | 11         |

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|------------------------------|-------------|--------------|-----------|------------|------------------------------|-------------|--------------|-----------|------------|
| Chocolate-flavor milk        | 12%         | 96           | 4.1       | 118        | Pumpkin/squash seeds         | 8%          | 187          | 0.7       | 19         |
| Egg, whole                   | 12%         | 123          | 2.5       | 70         | Milk 1% with vitamin A       | 8%          | 206          | 8.4       | 238        |
| Rosemary, fresh              | 12%         | 281          | 2.7       | 76         | Canadian bacon               | 8%          | -8           | 2.9       | 82         |
| Frankfurter, chicken         | 12%         | 55           | 1.4       | 39         | Pinyon nuts, dried           | 8%          | 103          | 0.6       | 16         |
| Wheat germ oil               | 11%         | 110          | 0.4       | 11         | Corn oil                     | 8%          | 33           | 0.4       | 11         |
| Hard-boiled egg              | 11%         | 98           | 2.3       | 65         | Glazed doughnuts             | 8%          | 43           | 0.9       | 25         |
| Pork skins                   | 11%         | 66           | 0.6       | 18         | Turkey leg, meat and skin    | 8%          | 224          | 2.4       | 69         |
| Potatoes, hashed brown       | 11%         | 51           | 1.6       | 46         | Pheasant                     | 8%          | 73           | 1.4       | 40         |
| Potato chips                 | 11%         | 70           | 0.6       | 18         | Cashew nuts, raw             | 8%          | 128          | 0.6       | 18         |
| Ground mace                  | 11%         | 111          | 0.7       | 21         | Salad dressing, sesame seed  | 8%          | 11           | 0.8       | 23         |
| Chicken liver, canned        | 11%         | 261          | 1.8       | 50         | Ham                          | 7%          | 297          | 2.6       | 74         |
| Whole duck egg               | 11%         | 83           | 1.9       | 54         | Lean pork                    | 7%          | 291          | 2.5       | 70         |
| Soy and corn oil, industrial | 11%         | 4            | 0.4       | 11         | Lean beef, chuck             | 7%          | 278          | 2.5       | 72         |
| Peanut oil                   | 10%         | 25           | 0.4       | 11         | Chicken, liver               | 7%          | 983          | 3.0       | 86         |
| Hot cocoa, homemade          | 10%         | 107          | 4.6       | 130        | Beef round, 1/4" fat         | 7%          | 242          | 1.8       | 52         |
| Top loin pork roast          | 10%         | 207          | 1.6       | 44         | Beef broth,from cube         | 7%          | -584         | 117.6     | 3333       |
| Margarine, hydrogenated      | 10%         | 37           | 0.5       | 14         | Avocados raw                 | 7%          | 142          | 2.2       | 63         |
| Ramen noodle                 | 10%         | 53           | 0.8       | 23         | Rice bran                    | 7%          | 600          | 1.1       | 32         |
| Sprouted radish seeds        | 10%         | 355          | 8.2       | 233        | Avocado oil                  | 7%          | 29           | 0.4       | 11         |
| Watermelon seeds, dried      | 9%          | 120          | 0.6       | 18         | CHEX snack mix               | 7%          | 177          | 0.8       | 24         |
| Turkey wings                 | 9%          | 143          | 1.7       | 48         | Pork chops, lean boneless    | 7%          | 288          | 2.5       | 71         |
| Dove, Squab                  | 9%          | 114          | 1.6       | 46         | Egg biscuit                  | 7%          | 59           | 1.3       | 36         |
| Potato sticks                | 9%          | 54           | 0.7       | 19         | Light Dressing, Miracle Whip | 7%          | -20          | 1.5       | 43         |
| Quail                        | 9%          | 101          | 1.5       | 43         | Tofu, firm                   | 7%          | 277          | 5.0       | 143        |
| Beef, round, lean            | 9%          | 218          | 1.5       | 44         | Olives, canned               | 7%          | 61           | 3.1       | 87         |
| Cloves                       | 9%          | 581          | 1.1       | 31         | Sesame seeds                 | 7%          | 180          | 0.6       | 17         |
| Macadamia nuts               | 9%          | 96           | 0.5       | 14         | Peanuts                      | 7%          | 142          | 0.6       | 18         |
| Potato chips, barbecue       | 9%          | 61           | 0.7       | 20         | Trail mix, regular           | 6%          | 92           | 0.8       | 22         |
| Granola bars, plain          | 9%          | 58           | 0.8       | 23         | Savory                       | 6%          | 450          | 1.3       | 37         |
| Avocados                     | 9%          | 130          | 2.9       | 83         | Mackerel, canned             | 6%          | 458          | 2.3       | 64         |
| Soybean oil                  | 9%          | 18           | 0.4       | 11         | Turkey, dark meat            | 6%          | 270          | 2.8       | 80         |
| Cheese lasagna               | 9%          | 137          | 2.7       | 77         | Beef tip round, lean, choice | 6%          | 295          | 2.7       | 77         |
| Sesame oil                   | 9%          | 13           | 0.4       | 11         | Beef, top sirloin lean       | 6%          | 289          | 2.7       | 76         |
| Cashew nuts, roasted         | 9%          | 110          | 0.6       | 17         | Tempeh                       | 6%          | 186          | 1.8       | 52         |
| Atlantic mackerel            | 9%          | 450          | 1.7       | 49         | Sunflower oil, linoleic      | 6%          | 48           | 0.4       | 11         |
| Shad                         | 9%          | 327          | 1.8       | 51         | Oysters                      | 6%          | 2266         | 5.2       | 147        |
| Olive oil                    | 8%          | 43           | 0.4       | 11         | Chicken broth w sodium       | 6%          | 116          | 22.0      | 625        |
| Meatball and pasta, canned   | 8%          | 95           | 3.4       | 97         | Veal liver                   | 6%          | 2093         | 2.5       | 71         |

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|---------------------------|-------------|--------------|-----------|------------|-------------|-------------|--------------|-----------|------------|
| Pink salmon, canned       | 6%          | 548          | 2.5       | 72         |             |             |              |           |            |
| Cured Ham                 | 6%          | -5           | 3.3       | 94         |             |             |              |           |            |
| Sunflower oil, oleic      | 6%          | 68           | 0.4       | 11         |             |             |              |           |            |
| Grapeseed oil             | 6%          | 24           | 0.4       | 11         |             |             |              |           |            |
| Trout                     | 6%          | 370          | 2.4       | 67         |             |             |              |           |            |
| Tofu, fried               | 6%          | 155          | 1.3       | 37         |             |             |              |           |            |
| Poultry seasoning         | 6%          | 392          | 1.1       | 33         |             |             |              |           |            |
| Flaxseed oil              | 6%          | 18           | 0.4       | 11         |             |             |              |           |            |
| Walnut oil                | 6%          | 7            | 0.4       | 11         |             |             |              |           |            |
| Red/cayenne pepper        | 6%          | 541          | 1.1       | 31         |             |             |              |           |            |
| Cream of mushroom soup    | 6%          | 61           | 6.8       | 192        |             |             |              |           |            |
| Capers, canned            | 5%          | -147         | 15.3      | 435        |             |             |              |           |            |
| Chicken noodle soup       | 5%          | 126          | 6.7       | 189        |             |             |              |           |            |
| Chicken broth, condensed  | 5%          | 74           | 11.4      | 323        |             |             |              |           |            |
| Tofu                      | 5%          | 98           | 3.0       | 86         |             |             |              |           |            |
| Beechnuts, dried          | 5%          | 64           | 0.6       | 17         |             |             |              |           |            |
| Thyme, dried              | 5%          | 869          | 1.3       | 36         |             |             |              |           |            |
| Cheese-flavor corn twists | 5%          | 39           | 0.6       | 18         |             |             |              |           |            |
| Anchovies                 | 5%          | 450          | 2.7       | 76         |             |             |              |           |            |
| Pistachio nuts            | 5%          | 126          | 0.6       | 18         |             |             |              |           |            |
| Allspice                  | 5%          | 178          | 1.3       | 38         |             |             |              |           |            |
| Chili powder              | 5%          | 497          | 1.1       | 32         |             |             |              |           |            |
| Walnuts                   | 5%          | 88           | 0.5       | 15         |             |             |              |           |            |
| Almond oil                | 5%          | 61           | 0.4       | 11         |             |             |              |           |            |
| Biscuits, plain, dry mix  | 5%          | 59           | 0.8       | 23         |             |             |              |           |            |