

Foods highest in

Trans-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

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>
Soy and corn oil, industrial	31%	4	0.4	11					
Saltines (oyster, soup)	17%	53	0.8	23					
Beef, ground,15% fat	9%	138	1.6	47					