

Foods highest in

Fats, total

"Amount" is based upon a **56 g** nominal daily value.

"Amount" is the % of the amount required each day; this is in "Ounces" of each food. "Ounces" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>	<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>
Coconut oil	21%	-51	0.4	Sour cream	17%	16	1.6
Butter	20%	-19	0.5	Pinyon nuts, dried	17%	103	0.6
Grapeseed oil	20%	24	0.4	Hazelnuts or filberts	17%	162	0.6
Peanut oil	20%	25	0.4	Black walnuts, dried	17%	159	0.6
Soybean oil	20%	18	0.4	Butternuts, dried	17%	137	0.6
Olive oil	20%	43	0.4	Olives, canned	17%	61	3.1
Palm oil	20%	1	0.4	Bologna, beef	16%	12	1.1
Sesame oil	20%	13	0.4	Avocados raw	16%	142	2.2
Wheat germ oil	20%	110	0.4	Frankfurter beef	16%	51	1.1
Safflower oil, linoleic	20%	30	0.4	Half and half	16%	36	2.7
Hazelnut oil	20%	71	0.4	Frankfurter, pork	16%	99	1.3
Corn oil	20%	33	0.4	Spam	16%	-9	1.1
Walnut oil	20%	7	0.4	Almonds	16%	154	0.6
Almond oil	20%	61	0.4	Sunflower seed kernels	16%	220	0.6
Avocado oil	20%	29	0.4	Peanuts	16%	142	0.6
Sunflower oil, oleic	20%	68	0.4	Beechnuts, dried	16%	64	0.6
Soy and corn oil, industrial	20%	4	0.4	Sesame seeds	15%	180	0.6
Sunflower oil, linoleic	20%	48	0.4	Watermelon seeds, dried	15%	120	0.6
Canola oil	20%	43	0.4	Poppy seed	15%	192	0.7
Flaxseed oil	20%	18	0.4	Avocados	15%	130	2.9
Margarine, hydrogenated	20%	37	0.5	Limburger cheese	15%	91	1.1
Herring oil	20%	141	0.4	American cheese	15%	64	0.9
Sardine oil	20%	298	0.4	Roquefort cheese	15%	71	1.0
Menhaden oil	20%	345	0.4	Brie cheese	15%	81	1.1
Cod liver oil	20%	748	0.4	Egg yolk	15%	38	1.1
Salmon oil	20%	459	0.4	Cheddar cheese	15%	80	0.9
Macadamia nuts	19%	96	0.5	Muenster cheese	15%	84	1.0
Baking chocolate	19%	144	0.7	Colby cheese	15%	79	0.9
Pecans	19%	99	0.5	Link sausage, smoked	15%	82	0.9
Salad dressing, sesame seed	18%	11	0.8	Blue cheese	15%	78	1.0
Pine nuts, dried	18%	141	0.5	Monterey cheese	14%	87	0.9
Brazilnuts, dried	18%	507	0.5	Cashew nuts, roasted	14%	110	0.6
Cream cheese	18%	10	1.0	Pumpkin/squash seeds	14%	187	0.7
Walnuts	18%	88	0.5	Feta cheese	14%	85	1.3

<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>	<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>
Light Dressing, Miracle Whip	14%	-20	1.5	Cheese-flavor corn twists	11%	39	0.6
Pistachio nuts	14%	126	0.6	Trail mix, regular	11%	92	0.8
Italian pork sausage	14%	79	1.0	Chia seeds, dried	11%	109	0.7
Cocoa, dry powder	14%	212	1.2	Mozzarella cheese, skim	11%	136	1.4
Cashew nuts, raw	14%	128	0.6	Human milk	11%	29	5.0
Bacon, cooked	14%	95	0.6	Corned beef hash	11%	64	2.2
Flaxseeds	14%	158	0.7	Beef jerky	11%	37	0.9
Sour cream, reduced fat	14%	-15	2.3	Cloves	11%	581	1.1
Goat cheese	14%	93	0.8	Mustard seed	11%	222	0.8
Frankfurter, turkey	14%	71	1.6	Quail	11%	101	1.5
Gouda cheese	14%	97	1.0	Goat milk	11%	97	5.1
Provolone cheese	14%	100	1.0	Yellow mustard	11%	298	5.3
Frankfurter, chicken	14%	55	1.4	Coriander seed	11%	242	1.2
Ricotta cheese	13%	94	2.0	Tofu, firm	11%	277	5.0
Tofu, fried	13%	155	1.3	Cumin seed	11%	279	0.9
Whole duck egg	13%	83	1.9	Dove, Squab	11%	114	1.6
Swiss cheese	13%	125	0.9	Egg biscuit	11%	59	1.3
Cheese Spread, Velveeta	13%	-12	1.2	Sprouted radish seeds	11%	355	8.2
Shad	12%	327	1.8	French vanilla ice cream	10%	10	1.6
Beef, ground,15% fat	12%	138	1.6	Hummus	10%	113	2.1
Romano cheese	12%	108	0.9	Pork skins	10%	66	0.6
Egg, whole	12%	123	2.5	Ricotta cheese, skim	10%	139	2.6
Ground nutmeg	12%	44	0.7	Glazed doughnuts	10%	43	0.9
Tofu	12%	98	3.0	Evaporated milk	10%	83	2.6
Potato chips	12%	70	0.6	Tempeh	10%	186	1.8
Hard-boiled egg	12%	98	2.3	Eggnog	10%	38	2.6
Ground mace	12%	111	0.7	Infant formula, SIMILAC	10%	96	5.3
Atlantic mackerel	12%	450	1.7	Sprouted soybeans, cooked	10%	296	4.4
Parmesan cheese, grated	12%	118	0.8	Sprouted soybeans	10%	271	2.9
Turkey wings	12%	143	1.7	Vanilla ice cream	10%	13	1.8
Potato chips, barbecue	12%	61	0.7	Red/cayenne pepper	10%	541	1.1
Rice bran	12%	600	1.1	Whole milk 3.25% fat	10%	123	5.9
Potato sticks	12%	54	0.7	Chili powder	10%	497	1.1
Parmesan cheese	12%	124	0.9	Yogurt, plain, whole milk	10%	104	5.8
Chicken liver, canned	12%	261	1.8	Potatoes, hashed brown	9%	51	1.6
Rich vanilla ice cream	12%	3	1.4	Chocolate chip cookies	9%	36	0.8
Sheep milk	12%	110	3.3	Top loin pork roast	9%	207	1.6
Celery seeds	12%	307	0.9	Crackers with cheese filling	9%	51	0.7
Tofu, extra firm	11%	261	3.9	Pheasant	9%	73	1.4

<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>	<u>Food</u>	<u>Amount</u>	<u>Score</u>	<u>Ounces</u>
Soybeans	9%	264	0.8	Capers, canned	7%	-147	15.3
Dill seed	9%	250	1.2	Anchovies	7%	450	2.7
Anise seed	8%	222	1.0	Soy milk	7%	274	6.8
Beef, round, lean	8%	218	1.5	Chicken noodle soup	7%	126	6.7
Turkey leg, meat and skin	8%	224	2.4	Lean beef, chuck	6%	278	2.5
Soyburger	8%	171	1.8	Oysters	6%	2266	5.2
Soybeans, green	8%	239	2.4	Ramen noodle	6%	53	0.8
Rosemary, dried	8%	274	1.1	Biscuits, plain, dry mix	6%	59	0.8
Commercial bisquits	8%	59	1.0	Turkey, dark meat	6%	270	2.8
Paprika	8%	763	1.2	Veal liver	6%	2093	2.5
Rosemary, fresh	8%	281	2.7	Chicken, dark meat	6%	249	2.8
Salmon	8%	452	1.9	Pork and beans, canned	6%	120	2.7
Caraway seeds	8%	254	1.1	Bluefish	6%	421	2.8
Pink salmon, canned	8%	548	2.5	Fresh tuna	6%	509	1.9
Pumpkin and squash seeds	8%	98	0.8	Cured Ham	6%	-5	3.3
Cream of potato soup	8%	80	5.9	Beef tip round, lean, choice	6%	295	2.7
Fennel seed	8%	321	1.0	Chicken broth, condensed	6%	74	11.4
Chicken Broth 1% fat	8%	17	88.2	Oegano, dried	6%	519	1.2
Curry powder	8%	323	1.1	Swordfish	6%	388	2.9
Granola bars	8%	73	0.7	Allspice	6%	178	1.3
Chicken, liver	7%	983	3.0	Cream of mushroom soup	6%	61	6.8
Tuna, canned in oil	7%	279	1.8	Ensure plus	6%	116	2.5
Cheese lasagna	7%	137	2.7	Caribou liver	6%	568	2.9
CHEX snack mix	7%	177	0.8	Tomatillos	6%	212	11.0
Canadian bacon	7%	-8	2.9	Beef, top sirloin lean	6%	289	2.7
Sage	7%	554	1.1	Plain frozen waffles	6%	133	1.1
Mackerel, canned	7%	458	2.3	Gravy, au jus, dry	5%	-89	1.1
Ham	7%	297	2.6	Hot cocoa, homemade	5%	107	4.6
Meatball and pasta, canned	7%	95	3.4	Miso	5%	54	1.8
Lean pork	7%	291	2.5	Sprouted alfalfa seeds	5%	496	15.3
Milk 2% with vitamin A	7%	162	7.1	Chicken vegetable soup	5%	125	5.1
Vanilla frosting	7%	-20	0.8	Manhattan clam chowder	5%	201	5.8
Granola bars, plain	7%	58	0.8	Oat bran	5%	330	1.4
Trout	7%	370	2.4	New England clam chowder	5%	276	5.0
Malted milk, chocolate	7%	86	4.1	Toasted wheat germ	5%	521	0.9
Beef round, 1/4" fat	7%	242	1.8				
Chocolate-flavor milk	7%	96	4.1				
Pork chops, lean boneless	7%	288	2.5				
Chicken broth w sodium	7%	116	22.0				