

NUTRITIONAL EDUCATION

HIGH FAT FOODS

Fat	Approx Saturated Fat Content (grams)
Butter (1 Tablespoon)	7.3
Bacon (3 Slices, Cooked)	3
Sausage (2 Links, Cooked)	5-7
Fried Chicken (1 Breast)	2-4
Coconut Oil (1 Tablespoon)	11.8
Salmon (6 oz, Cooked)	2.6
Almonds (1 Handful)	1.1
Olive Oil (1 Tablespoon)	1.9
Broccoli (1 Cup, Cooked)	0.1



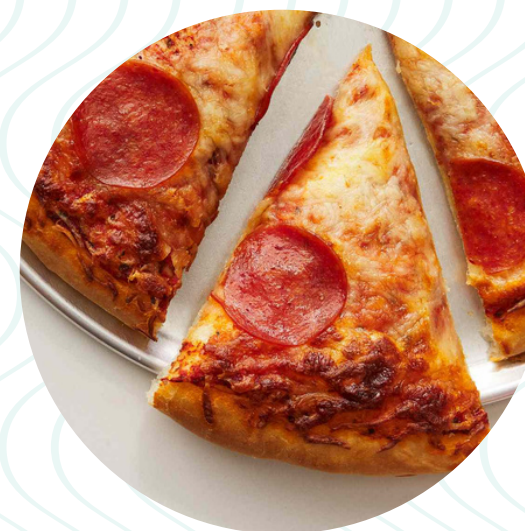
Chips
(1 Snack Bag, 2-3 gm)



Donut
(1 Glazed, 3-4 gm)



Ice Cream
(2 Scoops, 5-7 gm)



Pizza
(1 Slice, 2-4 gm)



**Cheeseburger
Burger & Fries**
(9-15 gm)



Avocado
(1 Medium, 27 Gm)

Please keep in mind that these values are approximate and can vary based on different factors such as specific brand, and portion size.

Always refer to beverage labels and nutritional information for precise values.

The upper limit of saturated fat is 13 grams per day on a 2,000 calories diet.