

Food Type	Total Saturated Fat g/100 g	Total Unsaturated Fat g/100g ¹
Animal-derived foods		
Butter, unsalted	50.5	26.4
Cheese, cheddar	19.4	9.8
Pork, cured, bacon, baked	14.2	23.8
Cream, fluid, light (coffee cream)	10.2	5.3
Beef, ground, 80% lean, baked	6.2	9.3
Eggs, hard-boiled	3.3	5.4
Fish, salmon, Atlantic, farmed, cooked, dry heat	2.4	8.6
Milk, whole	1.9	1.0
Yogurt, Greek, plain, low-fat	1.2	0.6
Chicken breast, skin removed, baked	1.0	2.0
High-fat plant-derived foods		
Oil, Coconut	82.5	8
Oil, palm	49.3	46.3
Oil, Olive	13.8	83.5
Nuts, almonds	3.8	43.8
Avocados, raw	2.1	11.8

¹ includes both monounsaturated and polyunsaturated fats. Data derived from USDA food database [56].

Fat Content Of Food

**Lori A. Smolin, Mary B.
Grosvenor, Debbie Gurfinkel**

Fat Content Of Food:

Food Analysis Suzanne Nielsen, 2003-04-30 This book provides information on the techniques needed to analyze foods in laboratory experiments All topics covered include information on the basic principles procedures advantages limitations and applications This book is ideal for undergraduate courses in food analysis and is also an invaluable reference to professionals in the food industry General information is provided on regulations standards labeling sampling and data handling as background for chapters on specific methods to determine the chemical composition and characteristics of foods Large expanded sections on spectroscopy and chromatography are also included Other methods and instrumentation such as thermal analysis selective electrodes enzymes and immunoassays are covered from the perspective of their use in the chemical analysis of foods A helpful Instructor's Manual is available to adopting professors

Food Analysis S. Suzanne Nielsen, 2010-06-25 This book provides information on the techniques needed to analyze foods in laboratory experiments All topics covered include information on the basic principles procedures advantages limitations and applications This book is ideal for undergraduate courses in food analysis and is also an invaluable reference to professionals in the food industry General information is provided on regulations standards labeling sampling and data handling as background for chapters on specific methods to determine the chemical composition and characteristics of foods Large expanded sections on spectroscopy and chromatography also are included Other methods and instrumentation such as thermal analysis ion selective electrodes enzymes and immunoassays are covered from the perspective of their use in the analysis of foods A website with related teaching materials is accessible to instructors who adopt the textbook

Handbook of Nutrition and Food Carolyn D. Berdanier, 2001-10-30 With a clear and concise format Handbook of Nutrition and Food presents the quantitative and qualitative data and information needed by nutritionists dieticians and health care professionals It proceeds from human development to body systems and disease to micro macro nutrients and concludes with nutrition counseling and community nutrition

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Improving the Fat Content of Foods C Williams, J Buttriss, 2006-01-31 As health problems such as obesity heart disease and diabetes increase in many developed and developing countries the food industry has come under mounting pressure to improve the nutritional quality of its products Particular attention has focused on the health problems associated with saturated fats in food and on the potential health benefits of increasing monounsaturated and polyunsaturated fat content Summarising key research in this field this important collection reviews both the influence of dietary fats on health and practical strategies for improving the fat content of food products Part one reviews the evidence on the links between dietary fats and health There are chapters on the links between saturated fatty acid intake obesity coronary heart disease diabetes and cancer as well as the health benefits of monounsaturated fats polyunsaturated fatty acids PUFAs and conjugated linoleic acids CLAs Part two then discusses ways of reducing saturated fatty acids in food It includes chapters on the role of lipids on food quality and ways of gaining consumer acceptance of low fat foods as well as

chapters on improving fatty acid composition in dairy products and milk and the use of fat replacers The final part of the book reviews ways of using polyunsaturated and other modified fatty acids in food products It includes chapters on developing and using PUFAs as functional ingredients and ways of improving the sensory quality of products incorporating modified fats With its distinguished editors and international team of contributors Improving the fat content of foods is a standard reference for nutritionists and product developers in the food industry Reviews the influence of dietary fats on health Investigates practical strategies for improving the fat content of food products Discusses improving the fat content of foods whilst maintaining sensory quality *Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975* Food and Nutrition Information and Educational Materials Center (U.S.),1975

Foods & Nutrition Encyclopedia, 2nd Edition Marion Eugene Ensminger,Audrey H. Ensminger,1993-11-09 Foods and Nutrition Encyclopedia 2nd Edition is the updated expanded version of what has been described as a monumental classic work This new edition contains more than 2 400 pages 1 692 illustrations 96 of which are full color photographs 2 800 entries topics and 462 tables including a table of 2 500 food compositions A comprehensive index enables you to find information quickly and easily *Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975* National Agricultural Library (U.S.),1975 *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976 *Foods & Nutrition Encyclopedia, 2nd Edition, Volume 1* Marion Eugene Ensminger,Audrey H. Ensminger,2023-07-21 Foods and Nutrition Encyclopedia 2nd Edition is the updated expanded version of what has been described as a monumental classic work This new edition contains more than 2 400 pages 1 692 illustrations 96 of which are full color photographs 2 800 entries topics and 462 tables including a table of 2 500 food compositions A comprehensive index enables you to find information quickly and easily

Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.),1973 **Library of Congress Subject Headings** Library of Congress,Library of Congress. Office for Subject Cataloging Policy,2012 **Library of Congress Subject Headings** Library of Congress. Cataloging Policy and Support Office,2009 Library of Congress Subject Headings Library of Congress. Office for Subject Cataloging Policy,1991 Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), Advances in nutrition, food processing and monitoring Zoltan Kovacs,John-Lewis Zinia Zaukuu,George Bazar,László Abrankó,2023-05-02 **Chemistry of Food and Nutrition** Henry Clapp Sherman,1926 **Advances in Food and Nutrition Research** ,2025-09-01 Advances in Food and Nutrition Research Volume 116 presents the most recent developments in food science focusing on the latest advances in understanding fundamental mechanisms and control solutions for lipid oxidation in meat It delves into the interactions of cold plasma with food ingredient functionality examines plant based milk s health impacts and critically analyzes the

nutritional consequences of emerging processed foods Additionally the book addresses the formation and reduction of polycyclic aromatic hydrocarbons in processed foods and explores innovative technologies for meat waste valorization and the detection of bacterial pathogens using biosensors and phage biocontrol Titles of notable chapters include Lipid Oxidation in Meat From Fundamental Mechanisms to Latest Control Solutions Cold Plasma interactions with Food Ingredients Functionality Current Research on Plant Based Milk and Impact on Health Emerging Processed Food and its Nutritional Consequences A Critical Analysis and Polycyclic Aromatic Hydrocarbons in Processed Foods Formation Occurrence Analysis and Reduction Contains contributions that have been carefully selected based on their vast experience and expertise on the subject Includes updated in depth and critical discussions of available information giving readers a unique opportunity to learn Encompasses a broad view of the topics at hand Agriculture, Rural Development, and Related Agencies Appropriations for Fiscal Year 1989 United States. Congress. Senate. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, and Related Agencies,1988 **Nutrition** Lori A. Smolin,Mary B. Grosvenor,Debbie Gurfinkel,2020-06-23 Nutrition Science and Applications 3rd Canadian Edition provides students with a strong foundational knowledge of human nutrition covering all essential nutrients their functions in the body and their sources and dietary components Presenting an innovative critical thinking approach to the subject this leading textbook goes beyond the basics to explore underlying nutrition processes while discussing the latest research debates and controversies related to nutrition and health The text offers an accessible visually rich presentation of topics designed to be highly relevant and relatable to Canadian readers The ideal text for college level nutrition courses this new edition features extensively revised and updated content throughout aligning with the latest nutrition research recommendations guidelines and Canadian government regulations The authors real world approach enables students to apply concepts of nutrition science in their own lives as consumers and in their future careers as scientists and health professionals Balanced coverage of fundamental nutrition topics integrates with comprehensive discussion of nutrient metabolism health and disease relationships dietary patterns Canadian and global nutrition issues and much more **White House Conference on Food, Nutrition, and Health** ,1969

The Top Books of the Year Fat Content Of Food The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Fat Content Of Food : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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