

C= cup

	CHOLESTEROL		
	MMOL		
	SAT FAT	UK,CANADA,	CHOLESTEROL
	GMS	AUSTRALIA	mg / dL USA
BAKED GOODS			
Apple pie, 1 piece	4.8	0	0
Cake w/frosting, 1 piece	4.3	0.2	6
Cheesecake, small, 1 piece	4	0.1	5
Chocolate chip cookie, 2 small	1.4	0.2	6
Cinnamon roll, with icing, 1	1.3	0	0
Doughnut, glazed, 1	3.5	0.1	4
Muffin plain, 1	1.2	0.6	22
BEANS			
Black, canned 1/2C	0	0	0
Garbanzos, boiled, 1/2 C	0.2	0	0
Pinto, boiled, 1/2 C	0.1	0	0
Refried, vegetarian, 1/2C	0	0	0
BREADS,CEREALS,GRAINS			
Bagel, plain, 1 small	0	0	0
Wholewheat bread, 1 slice	0.3	0	0
White bread, 1 slice	0.2	0	0
Oatmeal, rolled oats, 1/2C	0.4	0	0
Buttermilk pancake, 1 average	0.7	0.6	22
Rice, cooked, brown, 1/2C	0.2	0	0
Rice, cooked, white, 1/2C	0	0	0
DAIRY, EGGS			
Cheddar cheese, 1oz - 28 g	5.9	0.7	29
Cottage cheese, reg, 1/2 C	3.5	0.6	25
Cottage cheese, non-fat, 1/2 C	0	0.1	5
Cream, sour cultured 1tbs	1.6	0.1	5
Ice Cream, vanilla fat free, 1/2 C	1.5	0.1	5
Ice Cream, vanilla, rich, 1/2 C	12.5	1.1	44
Whole milk, 1C	5.6	0.9	34
Skimmed milk, 1C	0.4	0.1	5
Sherbet/Sorbet, 1/2C	0	0.2	6
Egg, boiled, 1 large	1.6	5.5	212
Fast Foods & Snacks			
Chicken, batter fried, 6 pieces	4.7	1.6	61
Hamburger, plain, 1 med	4.1	0.9	35
Potato chips, plain, 1 oz, 28g	3.1	0	0
Fruits			
little or NO saturated fat or cholesterol			
Meats			
Bacon, 3 slices	1.8	1	39
Beef, prime cut, 3oz, 85g	7.3	1.9	75
Hot dog, average each	5.1	1.1	44
Lamb lean, 3oz, 85g	2.8	2	78
Liver, chicken, 3oz, 85g	1.6	13.9	537
Pork, lean, 3oz, 85g	3	1.8	71
Sausage, 2oz, 56g	5.8	1.1	44

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Nuts & Seeds			
Almonds, dry roast, 1oz,28g	1.4	0	0
Brazil nuts, dried, 1oz, 28g	4.5	0	0
Cashews, oil roasted 1oz,28g	2.7	0	0
Coconut,dried shredded, 2tbs	7.2	0	0
Macadamia,plain/roasted 1oz,28g	3.2	0	0
Peanuts, raw/oil roasted 1oz,28g	1.9	0	0
Peanut butter, smooth, 2 tbs	3.3	0	0
Pecans, plain, 1oz,28g	1.5	0	0
Pistachio, dry roasted, 1oz,28g	1.9	0	0
Sunflower seeds, oil roast,1oz,28g	1.7	0	0
Walnuts, plain, 1oz,28g	1	0	0
Fats, Oils and Spreads			
Avocado, 1/2 medium	2.5	0	0
Butter, 1tbs	7.5	0.9	33
Margarine, 1tbs	2.4	0	0
Corn oil, 1tbs	1.8	0	0
Olive oil, 1tbs	1.9	0	0
Vegetable shortening, 1tbs	4	0	0
Rapeseed (Canola), 1tbs	0.9	0	0
Poultry			
Chicken, roasted, no skin, 3oz,85g	1.1	1.9	72
Turkey, roasted, no skin, 3oz,85g	0.9	1.5	59
Salad dressing & Mayonnaise			
Mayonnaise, 1tbs	1.7	0.2	8
Mayonnaise, light, 1tbs	1	0	0
Thousand Island, 1tbs	1	0.1	4
Seafood			
Clams, 3oz,85g	0.2	1.5	57
Lobster,3oz,85g	0.1	1.6	61
Salmon, 3oz,85g	1.7	1.5	54
Shrimp, 3oz,85g	0.2	4.3	166
Tuna, light, canned,3oz,85g	0.2	0.6	25
Vegetables			
Vegetables have little or no saturated fat or cholesterol unless fried in oil			
Vegetable Protein foods			
Vegetarian hot dog, 1	0.1	0	1
Tofu, firm, 1/2C	0.5	0	0
Falafel, deep fried, 3 balls	1.2	0	0
Soyamilk, 1C	0.2	0	0