

## FOOD GROUP: FATS

Choose heart healthy monounsaturated and polyunsaturated fats such as canola oil, olive oil, and small portions of nuts. Read labels to select foods with less saturated and trans fat. Note all fats are to be used in moderation because they are high in calories.

**Please note:** The Glycemic Index (GI) is a concept that applies only to foods which contain at least a minimum amount of carbohydrate. For the foods in this list, the GI cannot be measured.

### CHOOSE LESS OFTEN:

Food Item	Serving Size	Available CHO (g)	PROTEIN (g)	FAT (g)
Avocado	1/6	1	1	5
Bacon	1 slice	Tr	3	3
Butter	1 tsp (5 mL)	0	0	4
Butter, Almond	2 tsp (10 mL)	2	2	6
Butter, Pea	2 tsp (10 mL)	3	1	5
Cheese, spreadable	1 Tbsp (15 mL)	4	1	6
Cheese, spreadable, light	2 Tbsp (30 mL)	4	4	4
Cream, half & half	1½ oz (45 mL)	1	1	4
Coconut, desiccated, sweetened, flaked	3 Tbsp (45 mL)	6	1	5
Coconut milk, canned	2 Tbsp (30 mL)	1	1	6
Gravy	2 Tbsp (30 mL)	N/a	N/a	5
Lard	1 tsp (5 mL)	0	0	4
Margarine, non hydrogenated, light	2 tsp (10 mL)	Tr	Tr	4
Margarine, non hydrogenated, regular	1 tsp (5 mL)	Tr	Tr	4
Mayonnaise, light	1 Tbsp (15 mL)	1	Tr	5
Mayonnaise, regular	1 tsp (5 mL)	2	Tr	5
<b>NUTS &amp; SEEDS</b>				
Almonds, dry roasted	7 or 1/3 oz (10 g)	2	2	5
Pecans, dry roasted	¼ oz (7 g)	1	1	5
Walnuts, black	1/3 oz (10 g)	1	Tr	6
Peanuts, dry roasted	1/3 oz (10 g)	2	2	5
Soy nuts with canola oil	13	2	5	4
Pine nuts, dried	40 / ¼ oz (7 g)	1	1	5
Cashews, dry	¼ oz (7 g)	1	1	5

roasted				
Brazil nuts, dried unblanched	1 Tbsp (15 mL)	1	1	6
Hazelnuts	7 or 1/3 oz (10 g)	1	Tr	6
Macadamia nuts	3	0	0	5
Pistachios, dry roasted	1/3 oz (10 g)	3	2	5
Pumpkin / Squash seeds, roasted	½ oz (15 g)	2	5	6
Sunflower seeds, dry roasted	1/3 oz (10 g)	2	2	5
Sesame seeds, whole dry roasted	1/3 oz (10 g)	2	2	5
Oils	1 tsp (5 mL)	0	0	5
Olives, black	8 large	0	0	5
Olives, green stuffed	10	1	Tr	5
Salad Dressing, low fat	2 Tbsp (30 mL)	3	Tr	5
Salad Dressing, regular	1 tsp (5 mL)	1	Tr	5
Shortening	1 tsp (5 mL)	0	0	4
Sour Cream, regular	2 Tbsp (30 mL)	1	1	5
Sour Cream, reduced fat	2 Tbsp (30 mL)	1	1	4
Tahini	½ Tbsp (8 mL)	1	1	4
Whipped cream	½ oz / 1Tbsp (15 mL)	Tr	Tr	6