

My daily fat allowance \_\_\_\_\_

One fat serving is 45 calories, 5 grams of fat:

1 tsp oil, butter, margarine, or mayonnaise

1 Tbsp salad dressing or cream cheese

1 Tbsp reduced-fat mayonnaise or low-fat spread margarine

1.5 to 2 Tbsp reduced fat cream cheese or reduced-fat salad dressing

1 Tbsp seeds (pumpkin, sesame, sunflower)

16 pistachios

10 peanuts

6 almonds, cashews, or mixed nuts

4 pecans or walnut halves

2 Tbsp avocado

1.5 tsp natural peanut butter

8 to 10 olives

2 Tbsp half and half

\* This serves as a general rule, for most accurate information use the nutrition label on the back of the product.

\* Each meal you consume will contain fat, please subtract the number of meals you eat from the total number of fat servings your allowed each day.