

Fats and Oils

Food*	Amount	Energy (kcal)	Fat (g)	Predominant Type of Fat**
Olives, black	6 medium	30	3	Monounsaturated
Olives, green	4 medium, stuffed	40	3	Monounsaturated
Olive oil	1 T	120	13.5	Monounsaturated
Canola oil	1 T	120	13.5	Monounsaturated
Peanut oil	1 T	120	13.5	Monounsaturated
Safflower oil, > 70% oleic	1 T	120	13.5	Monounsaturated
Safflower oil, > 70% linoleic	1 T	120	13.5	Polyunsaturated
Corn oil	1 T	120	13.5	Polyunsaturated
Soybean oil	1 T	120	13.5	Polyunsaturated
Flaxseed oil	1 T	115	13	Polyunsaturated
Margarine, liquid	1 T	100	11	Polyunsaturated
Margarine, soft (tub)	1 T	100	11	Polyunsaturated/monounsaturated
Margarine, hard (stick)	1 T	100	11	Saturated
Mayonnaise	1 T	100	11	Polyunsaturated
Salad dressing, oil and vinegar	1 T	85	8	Depends on the type of oil used
Salad dressing, ranch type	1 T	73	8	Polyunsaturated
Coconut oil	1 T	117	13.5	Saturated
Bacon grease	1 T	112	12	Saturated/monounsaturated
Butter, stick	1 T	108	12	Saturated
Butter, whipped	1 T	82	9	Saturated
Cream, half and half	1 T	20	1.5	Saturated
Lard	1 T	114	12.5	Monounsaturated/saturated
Shortening	1 T	110	12	No one type is predominant

Legend: kcal = kilocalories; g = gram; T = Tablespoon; oz = ounce

*All foods listed are either 100% fat or nearly 100% (contain < 1g of protein and carb)

**When two fats are listed, both are found in approximately equal amounts

Reference: Dunford M, Doyle A. Nutrition for Sport and Exercise, 2nd edition. Wadsworth Publishing: 2008.