

Name:..... Date:.....

Fat in food information table



Food	Total fat %
Butter	81.7
Bacon, fried streaky	42.2
Beef, roast	21.1
Beef burger	20.5
Biscuit, Rich Tea	16.6
Biscuit, shortbread	26.1
Bread, white	1.9
Cake	16.9
Cheese, cheddar	34.9
Cheese, brie	26.9
Chicken, roast	5.4
Chocolate, milk	30.3
Chocolate, plain	29.2
Clotted cream	63.5
Egg white	trace
Egg yolk	30.5
Fish, raw cod	0.7
Fish, cod in batter, fried	10.3
Fish, smoked mackerel	30.9
Fish, smoked salmon	4.5
Flour, wholemeal	2.2
Ice cream, 'dairy'	9.8
Lamb chop, grilled	29.0
Lard	99.0
Low fat spread	40.5
Margarine	81.25
Milk, whole, cow's	3.9
Milk, skimmed, cow's	0.1
Milk, human	4.1
Milk, soya	1.9
Nuts, brazils	68.2
Oils	99.9
Pastry	40.6
Peanuts, dry roasted	49.8
Pork sausage, grilled	24.6
Turkey, roast	1.4

