

Fat Counter

Food	Fat (g)	Food	Fat (g)
Milk		Eggs	
Full cream, 1 cup	10	Egg, large, 1	6
Reduced fat cows or soy milk, 1 cup	4	Egg white	0
Skim, 1 cup	0.5	Meats	
Soy milk, 1 cup	8.5	Roast beef, lean, 2 slices	5
Soy milk, fat free, 1 cup	0	Roast Beef with fat, 2 slices	8
Farmers Union Iced Coffee® 375ml	9	Beef mince, cooked, 1 cup	17
Feel Good® Coffee/Choc 375ml	3	Hamburger mince, 1 cup	21
Yoghurt		Steak, lean, cooked, 120g	10
Fruit, plain, 200g tub	5	Steak with fat, cooked, 120g	18
Fruit, light, 200g tub	1	Lamb chop, lean, grilled	6
Fruit, no fat, 200g tub	0.5	Lamb chop with fat, grilled	12
Cheese		Sausage, thick, grilled, 1	13
Cheddar/Edam/Mozarella, 30g	10	Bacon, fried, 20g	14
Reduced fat, 30g	7	Bacon, grilled, 15g	9
Low fat, Seven/Shape, 30g	2	Pork steak, lean, 100g	8
Kraft® or Coon® Light, 1 slice	5	Pork steak with fat, 120g	20
Bega Super Slims®, 1 slice	2	Kidney, 100g	3
Cottage cheese, low fat, 40g	1	Liver, 100g	12
Cream cheese, 1 tbsp, 20g	7	Chicken	
Cream cheese, light, 1 tbsp 20g	3	Roast, breast with skin, 100g	13
Ricotta, reduced fat, 1 tbsp 20g	2	Roast, no skin, 100g	5
Fats, oils, spreads		Nuggets, average each	3
Margarine/Butter, 5g	4	Fish	
Margarine, reduced fat, 5g	3	Tuna in brine, ½ cup	2
Vegetable oils, 20ml	20	Tuna in oil, ½ cup	14
Peanut butter, 20g	10	Salmon, pink, brine, ½ cup	7
Mayonnaise, 1 tbsp	14	Whiting, grill/steam, 100g	1.5
French/Italian, 1 tbsp	4	Whiting, fried in oil, 100g	7
Biscuits, cakes, confectionery		Trout/Mullet, grilled, 100g	5
Plain sweet biscuit, 1	1 - 2	Trout/Mullet, fried, 100g	10
Cream filled, 1	3 - 4	Prawns, 6 large	1
Chocolate eg. TimTam®, 1	5.5	Fish fingers, 3 grilled	7.5
Cake, plain, 1 slice	5	Takeaway, snacks	
Bun, plain	5	Meat Pie, average, 190g	26
Croissant, 1	15	Pizza, ½ medium	25
Doughnut, iced, 1	19	Big Mac	24
Custard tart, 1	18	French Fries, small	16
Chocolate, 5 squares	9	¼ BBQ chicken	15
Breads and Cereals		Fried rice, 150g	15
Bread roll, white/wholemeal	2 - 2.5	Crisps, 50g	18
Bread, white/mixed grain/rye, 1 slice	1 - 2	Nuts, 30g	15
Crumpet, 1, toasted	0.5	Cream, ice cream	
Garlic bread, 2 slices	12	Cream, whipped, 1 tbsp	8
Fruit loaf, 1 slice or English muffin, 1	1	Cream, reduced fat, 25% fat, 1 tbsp	5
Pasta or rice, cooked, 1 cup	0.5	Cream, light, 18% fat	3.5
Rolled oats, cooked, 1 cup	3	Ice cream, 1 scoop	5
Muesli, toasted, ½ cup	9	Ice cream, reduced fat, 1 scoop	3
Weetbix® 2	0.5	Fruit and vegetables	
Special K®, 1 cup	1	Negligible	