



ROOTED
SANTA BARBARA

Dietary Fats



Each serving of dietary fat below equals
5 grams of fat.
Daily fat intake limit: 30 grams

Polyunsaturated Fats

LOW-FAT VEGETABLE SPREAD 1 Tbsp
MAYONNAISE Regular = 1 tsp Reduced fat = 1 Tbsp
WALNUTS 4 halves
OIL (Corn, safflower, soybean) 1 tsp
SALAD DRESSING Regular = 1 Tbsp Reduced fat = 2 Tbsp
SEEDS (Pumpkin, Sunflower) 1 Tbsp

Monounsaturated Fats

AVOCADO 1/8th or 2 Tbsp
OIL (canola, olive, peanut, avocado) 1 tsp
OLIVES Black = 8 Green = 10
NUTS (Almonds, cashews, mixed) 6 nuts
PEANUTS 10 nuts
PECANS 4 halves
PEANUT/ALMOND BUTTER 1/2 Tbsp
SESAME SEEDS 1 Tbsp
TAHINI OR SESAME SEED PASTE 2 tsp

Saturated Fats

BACON (cooked) 1 slice
BACON (grease) 1 tsp
BUTTER Stick = 1 tsp Whipped = 2 tsp
CREAM, HALF-AND-HALF 2 Tbsp
SHORTENING OR LARD 1 tsp
SOUR CREAM 2 Tbsp