



**HOOVES, FEATHERS & FINS
BEEF, LAMB, PORK,
POULTRY, FISH & CHEESE**



Meats and meat products that are high in saturated fats raise your blood LDL cholesterol levels. Choices are grouped from those least likely to raise LDL levels to the highest, before rounding. Make your choice a heart healthy one (less than 3g saturated fat per serving)!

	Serving	Saturated fat in grams	Total fat in grams	Calories per serving
< 1 gram saturated sat fat				
Egg white	1 large egg	0	0	17
Cod, baked	3oz	.1	1	89
Lobster	3oz	.1	.5	83
Flounder, baked	3oz	.3	1.5	99
Milk, skim (nonfat)	1 cup	.3	0.5	86
Oysters, raw	6 medium	.7	2.0	57
Buffalo meat, top sirloin, trimmed	3oz	.75	2.0	96
Buffalo meat, roasted, cooked	3oz	.8	2.0	122
Chicken breast, meat only roasted	½ breast	.8	4.0	218
Turkey, light meat, roasted	3oz	.8	3.0	132
1 – 2.9 grams saturated fat				
Chicken thigh meat only, roasted	3oz	1.6	6.0	109
Egg, hard boiled	1 large egg	1.6	6.0	78
Chicken drumstick, skin , pan fried	1 drumstick	1.8	7.0	120
Lamb, leg, trimmed & baked	3oz	2.0	14.0	219
Rainbow trout	3oz	2.0	6.0	144
Salmon, baked	3oz	2.0	9.0	184
Turkey ground lean, The Turkey Store	4oz	2.0	8.0	160
Turkey, dark meat, roasted	3oz	2.0	6.0	157
Veal, cuttlets	3oz	2.0	4.0	140
Veal, braised	3oz	2.1	5.0	179
Beef eye of round, trimmed	3oz	2.4	4.0	143

Reference: USDA Handbook 8, Release 14 and manufacturers

	Serving	Saturated fat in grams	Total fat in grams	Calories per serving
Beef, top sirloin, trimmed	3oz	2.4	6.0	166
Beef bottom round, trimmed	3oz	2.5	7.0	178
Chicken breast, with skin pan fried	½ breast	2.5	9.0	364
3 to 4.9 grams saturated fat				
Cheese, cream cheese	1 Tbls.	3.0	5.0	51
Lamb, loin, lean & fat, trimmed	3oz	3.0	20.0	269
Milk, 2%	1 cup	3.0	5.0	142
Pork chops, lean only, broiled	3oz	3.0	7.0	172
Turkey patty	1 patty	3.0	11.0	193
Beef eye of round, untrimmed	3oz	4.0	11.0	195
Beef ribs, trimmed, roasted	3oz	4.0	11.0	195
Cheese food, processed	1oz	4.0	7.0	82
Cheese, mozzarella	1oz	4.0	6.0	80
Chicken ground, Purdue	3oz	4.0	11.0	170
Pork chops, untrimmed, broiled	3oz	4.0	11.0	204
5 to 7 grams saturated fat				
Beef, top sirloin, untrimmed	3oz	5.0	13.0	219
Cheese, Swiss	1oz	5.0	8.0	107
Corned beef	3oz	5.0	13.0	213
Pork roast, untrimmed	3oz	5.0	13.0	217
Turkey Sausage, Italian, Shelton	1 link	5.0	15.0	170
Beef bottom round, untrimmed	3oz	6.0	14.5	234
Beef, ground lean, broiled	3oz	6.0	16.0	218
Beef, ground extra lean, broiled	3oz	6.0	14.0	231
Cheese, cheddar	1oz	6.0	9.0	114
Ham, baked	3oz	6.0	15.0	232
Lamb, leg, untrimmed baked	3oz	6.0	7.0	162
> 7 grams saturated fat				
Butter	1 Tbs	7.0	11.0	100
Lamb, loin, lean, trimmed	3oz	9.0	8.5	182
Beef ribs, untrimmed, roasted	3oz	10.0	25.0	304
Pork ribs, untrimmed	3oz	10.0	26.0	337

Reference: USDA Handbook 8, Release 14 and manufacturers