

Fat

This section includes:

- Fats
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Do fats have carbs?

Fats usually do not have carbs and do not affect your blood sugar. However, some condiments and seasonings can contain added sugar you should keep an eye out for.

Should I eat food with fats?

Fats are part of a balanced diet. Your body needs a small amount of fat from your diet every day to help it work properly.

This guide helps you choose options with fewer saturated fats and more "healthy" fats.





FAT EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Serving sizes are determined based on 1 fat exchange = ~45 calories for most products.

Avocado

Less sodium

Cabo Fresh

- Avocado Now (50/3) ----- 2 Tbsp

Fresh

- Avocado (40/2) ----- 1/8 med

Good Foods

- Avocado Mash (45/2) ----- 2 Tbsp

Wholly Guacamole

- Classic Guacamole (70/2) ----- 2 Tbsp

- Mini Guacamole (60/2) ----- 1/2 container



Cream Cheese

Less than 3 g saturated fat

Great Value

- Fat Free Cream Cheese (45/4) ----- 3 Tbsp

Heb

- Whipped Mixed Berry (50/5) ----- 2 Tbsp

Kroger

- Greek Cream Cheese Spread (60/2) ----- 2 Tbsp

Philadelphia

- Whipped Original (50/2) ----- 2 Tbsp

- Whipped Mixed Berry (50/5) ----- 2 Tbsp





FAT EXCHANGE

Fork Friendly Selections (Cal/g carb)

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Dips

Less than 2 g saturated fat and 200 mg sodium

Boars Head

- French Onion Greek Yogurt Dip (35/2) ----- 2 Tbsp
- Garden Ranch Greek Yogurt Dip (40/3) ----- 2 Tbsp

La Terra Fina

- Southwest Fiesta Dip (40/2) ----- 2 Tbsp
- Tzatziki with Feta (40/2) ----- 2 Tbsp

Tostitos

- Creamy Spinach Dip (45/2) ----- 2 Tbsp



Margarine Spread/Spray

Trans fat-free & less than 2 grams saturated fat

Blue Bonnet

- Original (40/0) ----- 1 Tbsp

Brummel & Brown

- Original Spread (45/0) ----- 1 Tbsp

Country Crock

- Calcium (45/0) ----- 1 Tbsp
- Fortified Light (35/0) ----- 1 Tbsp

Fleischmann's

- Olive Oil (40/0) ----- 1 Tbsp

I Can't Believe It's Not Butter

- Original Spray (0/0) ----- 1 spray
- Light (35/0) ----- 1 Tbsp

Imperial

- Original (35/0) ----- 1 Tbsp

Parkay

- Squeeze (70/0) ----- 1 Tbsp



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Mayonnaise

Less than 1 gram saturated fat

Duke's

- Light Mayonnaise (50/1) ----- 1 Tbsp

Hellmann's

- Avocado oil (60/1) ----- 1 Tbsp

- Light Mayo (35/1) ----- 1 Tbsp

Kraft

- Avocado Oil (45/0) ----- 1 Tbsp

- Light Mayonnaise (35/2) -----

- Reduced Fat w/ Olive Oil (45/1) ----- 1 Tbsp



Nut Butter

Less than 3 grams saturated fat and no more than 125 mg sodium

Barney Butter

- Smooth Almond Butter (45/2) ----- 1/2 Tbsp

- Peanut Butter (45/2) ----- 1/2 Tbsp

Good and Gather

- No Stir Creamy Almond Butter (48/1) ----- 1/2 Tbsp

- Organic Stir Creamy Peanut Butter (48/2) ----- 1/2 Tbsp

Maranatha

- Raw Almond Butter Creamy (48/2) ----- 1/2 Tbsp

PB2

- Cocoa Peanut Powder (50/6) ----- 2 Tbsp

- Peanut Butter Powder (60/5) ----- 2 Tbsp

Santa Cruz

- Creamy Peanut Butter (45/2) ----- 1/2 Tbsp

- Crunchy Peanut Butter (52/2) ----- 1/2 Tbsp

Simple Truth

- Creamy Almond Butter (48/2) ----- 1/2 Tbsp

Teddie

- Smooth Peanut Butter (48/2) ----- 1/2 Tbsp



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Nuts - Almonds

Lower in salt than competing brands.

Blue Diamond

- Lightly Salted Almonds (43/1) ----- 1 Tbsp

Emeralds

- Cocoa Roast Almonds (40/2) ----- 1 Tbsp

Wonderful

- Natural Raw Almonds (43/2) ----- 1 Tbsp



Almonds - The nut with the lowest saturated fat and the highest fiber, protein, calcium and vitamin E of all the tree nuts.

Nuts - Walnuts

Lower in salt than competing brands.

Fisher

- Chopped Walnuts (45/1) ----- 1 Tbsp

Diamond

- Shelled Walnuts (50/1) ----- 1 Tbsp



Walnuts - The nut with the highest level of heart healthy omega-3 fats.



Nut	Calories
1 Almond	10
1 Cashew	9
1 Peanut	6
1 Pistachio	4
1 Walnut	26

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Nuts - Other

Lower in salt than competing brands.

Planters

- Lightly Salted Dry Roasted Peanuts (43/2) ----- 1 Tbsp

Sea Point Farms

- Dry Roasted Sea Salt Edamame (84/3) ----- 2 Tbsp

Simple Truth

- Roasted & Salted Soy Nut (70/4) ----- 2 Tbsp



Soy Nuts - The nut with the most soluble fiber (more than oatmeal) which can help lower cholesterol.

Olives

Early California

- Reduced Salt Large Black Olives (45/2) ----- 12 Olives

- Extra Large Ripe Black Olives (45/2) ----- 12 Olives

- Early California Green Olives (45/2) ----- 15 Olives



Oils

Chosen Foods

- Avocado Oil (40/0) ----- 1 tsp

Mazola

- Corn Oil (40/0) ----- 1 tsp

Pompeian

- Extra Virgin Olive Oil (40/0) ----- 1 tsp

Wesson

- Pure Canola Oil (40/0) ----- 1 tsp



Extra Virgin and Cold Pressed olive oils offer the greatest health benefits. Heat, light, and age will reduce health benefits. Select products in **dark bottles** or **tin containers** and in **smaller containers** to encourage use within six months.

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Salad Dressing

No more than 150 mg sodium and 1 g saturated fat

Bolthouse Farms

- Honey Mustard Yogurt (45/6) ----- 2 Tbsp

Bragg

- Ginger & Sesame (65/2) ----- 2 Tbsp
- Organic Apple Cider Vinaigrette (15/4) ----- 2 Tbsp

Kens Steak House

- Lite Sweet Vidalia Onion (40/6) ----- 1 Tbsp
- Lite Raspberry Walnut Vinaigrette (40/4) ----- 1 Tbsp

Maple Grove Farm

- F.F. Balsamic Vinaigrette (15/3) ----- 2 Tbsp
- S.F. Balsamic Vinaigrette (5/1) ----- 2 Tbsp

Marie's

- Raspberry Vinaigrette (50/6) ----- 2 Tbsp

Newman's Own

- Raspberry & Walnut (70/7) ----- 2 Tbsp

Panera Bread

- Balsamic (45/2) ----- 1 Tbsp

Tessemae's

- Balsamic Vinaigrette (80/0) ----- 1 Tbsp
- Classic Italian (70/0) ----- 1 Tbsp
- Lemon Pepper (100/0) ----- 1 Tbsp



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Seeds

Arrowhead Mills

- Organic Whole Flaxseed (47/4) ----- 1 Tbsp

Bob's Red Mill

- Chia Seeds (65/5) ----- 1 Tbsp

- Flaxseed Meal (35/2) ----- 1 Tbsp

David

- Original Sunflower Seeds (33/1) ----- 1 Tbsp

Great Value

- Organic Whole Flax Seeds (40/2) ----- 1 Tbsp



Chia seeds -Chia seeds are the plant source with the highest omega 3s.
Flaxseed - To reap all the health benefits, flax must be milled or ground. It is better to consume flax seeds than flax oil because flax oil contains just part of the seed.

Sour Cream

Daisy

- Light Sour Cream (35/1) ----- 2 Tbsp

HEB

- Light Sour Cream (40/2) ----- 2 Tbsp

Kroger

- Fat free Sour Cream (20/3) ----- 2 Tbsp

