

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

Fresh (40/2) ----- 1/8 of med

Wholly Guacamole

- Classic Guacamole (50/2) ----- 1.5 T



Cream Cheese

Less than 3 g saturated fat

HEB

- Fat Free (45/6) ----- 3 T



Kroger

- Greek Cream Cheese Spread (45/2) ----- 1.5 T



Raskas

- Fat Free (45/6) ----- 3 T



Margarine Spread/Spray

Trans fat-free & less than 2 grams saturated fat

Brummel & Brown

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



Country Crock

- Calcium (45/0) ----- 1 T



- Fortified Light (50/0) ----- 1 T



Fleischmann's

- Olive Oil (40/0) ----- 2 tsp

I Can't Believe It's Not Butter

- Original Spray (0/0) ----- 1 spray



Parkay

- Squeeze (45/0) ----- 2 tsp

Smart Balance

- Light w/ Flaxseed Oil (50/0) ----- 1 T



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Mayonnaise

Less than 1 gram saturated fat

Kraft

- Avocado Oil Mayo (40/0) ----- 1 T
- Light Mayonnaise (52/3) ----- 1.5 T
- Reduced Fat w/ Olive Oil (50/1) ----- 1 T



Nut Butter

Less than 2 grams saturated fat

Less than 150 mg sodium

Barney Butter

- Bare Smooth Almond Butter (45/2) ----- 1.5 tsp

Just Great Stuff

- Organic Peanut Butter (48/2) ----- 1.5 tsp

Justin's

- Maple Almond Butter (45/2) ----- 1.5 tsp

Hampton Farms Healthy Living

- Unsalted Natural Peanut Butter (50/1) ----- 1.5 tsp

Kroger Peanut Butter

- Natural Creamy/ Crunchy (45/2) ----- 1.5 tsp

Maranatha

- Raw Almond Butter Creamy (45/2) ----- 1.5 tsp
- Roasted Almond Butter Creamy (45/2) ----- 1.5 tsp

Nature Nate's

- Creamy Honey Almond (40/2) ----- 1.5 tsp

PB2

- Chocolate Peanut Butter (45/4) ----- 2 T
- Peanut Butter (45/2) ----- 2 T

Wild Friends

- Almond Cashew Super Butter (47/2) ----- 1.5 tsp



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 T
- Wasabi & Soy Almonds (40/2) ----- 1 T

Emeralds

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

Wonderful

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

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 T

Hill Country Fare

- Walnut Pieces (43/1) ----- 1 T

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



Nuts - Other

Lower in salt than competing brands.

Planters

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

Sea Point Farms

- Lightly Salted Edamame (50/3) ----- 1.5 T

Simple Truth

- Roasted & Salted Soy Nut (52/3) ----- 1.5 T

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



Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Seeds

Arrowhead Mills

- Flaxseed (47/3) ----- 2 T

Bob's Red Mill

- Chia Seeds (52/5) ----- 1.5 T

- Whole Flaxseed (52/3) ----- 3 T

David

- Roasted & Salted Pumpkin Seed (45/3) ----- 10 nuts

Frito Lay

- Original Sunflower Seeds (45/2) ----- 12 nuts

Spectrum

- Chia Seed (45/3) ----- 1.5 T

- Ground Premium Flaxseed (52/3) ----- 3 T

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.



Oils

Wesson

- Pure Canola Oil (45/0) ----- 1 tsp

Mazola

- Corn Oil (50/0) ----- 2 tsp

Pompeian

- Extra Virgin Olive 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

Olives

Early California

- Reduced Salt Large Black Olives (50/2) ----- 8 olives
- Extra Large Ripe Black Olives (40/0) ----- 8 olives
- Early California Green Olives (40/2) ----- 8 olives



Salad Dressing

No more than 150 mg sodium
No more than 1 g saturated fat

Bolthouse Farms

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

Kens Steak House

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

Maple Grove Farm

- Citrus Vinaigrette (55/4) ----- 1 T
- F.F. Balsamic Vinaigrette (15/3) ----- 2 T
- S.F. Balsamic Vinaigrette (5/1) ----- 2 T

Marie's

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

Newman's Own

- Raspberry & Walnut (52/6) ----- 1.5 T



Sour Cream

HEB

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

Kroger

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

