



# Fats



## Bacon



# Bacon

Nutrition Facts	
1 serving	
Serving size	3 slices
Amount per serving	
Calories	161
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 34mg	11%
Sodium 581mg	25%
Total Carbohydrate 0.6g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.1mcg	0%
Calcium 3.8mg	0%
Iron 0.3mg	2%
Potassium 172mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Fats



## Cheddar Cheese



# Cheddar Cheese

Nutrition Facts	
1 serving	
Serving size	1 slice
Amount per serving	
Calories	113
% Daily Value*	
Total Fat 9.3g	12%
Saturated Fat 5.2g	26%
Trans Fat 0g	
Cholesterol 28mg	9%
Sodium 182mg	8%
Total Carbohydrate 0.8g	0%
Dietary Fiber 0g	0%
Total Sugars 0.1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.2mcg	1%
Calcium 199mg	15%
Iron 0mg	0%
Potassium 21mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Fats



## Cream Cheese



# Cream Cheese

Nutrition Facts	
1 serving	
Serving size	1 Tablespoon
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 46mg	2%
Total Carbohydrate 0.8g	0%
Dietary Fiber 0g	0%
Total Sugars 0.5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 0mg	0%
Potassium 19mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fats



Salmon



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# Salmon

Nutrition Facts	
1 serving	
Serving size	3 oz.
Amount per serving	
Calories	175
% Daily Value*	
Total Fat 10.5g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 54mg	18%
Sodium 52mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0.1g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 11mcg	56%
Calcium 13mg	1%
Iron 0.3mg	2%
Potassium 327mg	7%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# Fats



## Sausage



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# Sausage

Nutrition Facts	
1 serving	
Serving size	3 slices
Amount per serving	
Calories	195
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 5.3g	27%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 488mg	21%
Total Carbohydrate 0.8g	0%
Dietary Fiber 0g	0%
Total Sugars 0.6g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0.8mcg	4%
Calcium 5.4mg	0%
Iron 0.7mg	4%
Potassium 205mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Fats



## Sunflower Seeds



# Sunflower Seeds

Nutrition Facts	
1 serving	
Serving size	1/4 cup
Amount per serving	
Calories	67
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 0.4mg	2%
Potassium 98mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	