

1 GRAM OF FAT = 9 CALORIES.
TECHNICAL SERVING SIZE OF FAT APPROXIMATELY 5 GRAMS OR 45 CALORIES:

(numbers are approximate)

- ▶ Cooking Oils: 1 tsp = 4.5 gm fat or 40 calories
- ▶ Unsalted Butter: 1 tsp = 4 gm fat or 36 calories
- ▶ Salted Butter: 1 tsp = 4.7 gm fat of 42 calories
- ▶ Mayonnaise: 1 TBS = 10 gm fat or 90 calories
- ▶ Low-fat mayo: 1 TBS = 3.3 gm fat & 1.4 gm carbs or 36 calories
- ▶ Miracle Whip: 1 TBS = 5 gm fat & 2 gm carbs or 50 calories
- ▶ Sour cream: 1 TBS = 2.4 gm fat or 23 calories
- ▶ Cream cheese: 1 TBS = 5 gm fat or 45 calories
- ▶ Low-fat CC: 1 TBS = 2.6 gm fat & 1 gm carbs or 35 calories

