

Southcentral Foundation
Health Education

Cholesterol & Fat Chart

- A low cholesterol diet is 300 mg per day or less
- A low saturated-fat diet should be no more than 20 grams a day

Food Item	Cholesterol (mg per serving)	Saturated Fat (grams per serving)	Total Fat (grams per serving)
Eggs			
Chicken egg (1 medium)	212	1.6	5.3
Duck egg (1 medium)	619	2.6	9.6
Goose egg (1 medium)	1227	5.2	19
Meat			
Bear (simmered, 3 ounces)	84	3.0	11
Beaver (roasted, 3 ounces)	100	1.8	6
Beef (top sirloin, 3 ounces)	76	2.6	6.9
Caribou (roasted, 3 ounces)	93	1.5	3.8
Chicken (breast, without skin, roasted, 3 ounces)	73	0.9	3.1
Deer (roasted, 3 ounces)	96	1.1	2.7
Moose (roasted, 3 ounces)	67	0.3	0.9
Pork (loin chops, 3 ounces)	69	4.4	12
Rabbit (wild, stewed, 3 ounces)	105	0.9	7.2
Seal (meat, dry, 3 cubic inches)	90	0.8	2.5
Walrus (raw, 3 ounces)	80	2.6	14
Whale (bowhead, flesh, raw, 3 ounces)	28	1.2	5.8
Seafood			
Clams (cooked, 3 ounces)	57	0.2	1.7
Halibut (cooked, 3 ounces)	35	0.4	2.5
Salmon (king, cooked, 3 ounces)	72	2.7	11
Shrimp (cooked, 3 ounces)	166	0.2	0.9
Desserts			
Agutuk (berries & shortening, 1/2 cup)	0	8.5	23
Ice cream (vanilla, 1/2 cup)	29	4.5	7.3
Milk chocolate candy (1.5 ounce bar)	10	8.1	14

Food Item	Cholesterol (mg per serving)	Saturated Fat (grams per serving)	Total Fat (grams per serving)
Dairy			
Cheese (variety, regular fat, 1 ounces)	20 to 31	2.9 to 6.0	6 to 16
Cheese (mozzarella, part skim, 1 ounce)	16	2.9	4.5
Cottage Cheese (2% fat, 1/2 cup)	9	1.4	2.2
Milk (whole, evaporated, reconstituted, 1 cup)	37	5.8	9.5
Milk (non-fat, evaporated, reconstituted, 1 cup)	4	0	0.4
Milk (whole, 3.3% milk fat, 1 cup)	33	5.1	8.1
Milk (2%, 1 cup)	18	2.9	4.7
Milk (1%, 1 cup)	10	1.6	2.6
Milk (skim, non-fat, 1 cup)	4	0.3	0.4
Milk (non-fat dry powder, 1 cup)	5	0.4	0.6
Yogurt (non-fat plain, 1 cup)	10	0	0
Fats			
Butter (1 tablespoon)	33	7.6	12
Crisco ® (1 tablespoon)	0	3.0	12
Half and Half (1 tablespoon)	6	1.1	1.7
Lard (pork fat, 1 tablespoon)	12	5.1	13
Mayonnaise (1 tablespoon)	51	1.7	11
Miracle Whip ® (1 tablespoon)	5	1.0	7
Muktuk (3 ounces)	54	6.6	43
Hooligan grease (1 tablespoon)	0.5	4.1	14
Peanut butter (2 tablespoons)	0	3.3	16
Seal oil (1 tablespoon)	10	1.9	15
Top Ramen Noodles ® (1 pkg)	0	8	16

* All values are approximate. All meat are an average.

Sources: *Food Values of Portions Commonly Used*, Jean A.T. Pennington. Bowes & Church 17th Edition, 1998

Nutrient Value of Alaska Native Foods, E. Nobmann, MPh., RD. U.S. Dept. of Health and Human Service, I.H.S., 1993

**For more information, call Southcentral Foundation
Health Education at (907) 729-2689**



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

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