

Total Fat, Saturated Fat, *Trans* Fat, and Cholesterol Content Per Serving*

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Product	Common Serving Size	Total Fat g	Sat. Fat g	%DV for Sat. Fat	<i>Trans</i> Fat g	Combined Sat. & <i>Trans</i> Fat g	Chol. mg	%DV for Chol.
French Fried Potatoes± (Fast Food)	Medium (147 g)	27	7	35%	8	15	0	0%
Butter**	1 tbsp	11	7	35%	0	7	30	10%
Margarine, stick†	1 tbsp	11	2	10%	3	5	0	0%
Margarine, tub†	1 tbsp	7	1	5%	0.5	1.5	0	0%
Mayonnaise†† (Soybean Oil)	1 tbsp	11	1.5	8%	0	1.5	5	2%
Shortening±	1 tbsp	13	3.5	18%	4	7.5	0	0%
Potato Chips±	Small bag (42.5 g)	11	2	10%	3	5	0	0%
Milk, whole±	1 cup	7	4.5	23%	0	4.5	35	12%
Milk, skim†	1 cup	0	0	0%	0	0	5	2%
Doughnut±	1	18	4.5	23%	5	9.5	25	8%
Cookies± (Cream Filled)	3 (30 g)	6	1	5%	2	3	0	0%
Candy Bar±	1 (40 g)	10	4	20%	3	7	<5	1%
Cake, pound±	1 slice (80 g)	16	3.5	18%	4.5	8	0	0%

*Nutrient values rounded based on FDA's nutrition labeling regulations.

** Butter values from FDA Table of *Trans* Values, 1/30/95.

† Values derived from 2002 USDA National Nutrient Database for Standard Reference, Release 15.

†† Prerelease values derived from 2003 USDA National Nutrient Database for Standard Reference, Release 16.

± 1995 USDA Composition Data.