

Pennington Biomedical Research Center

The Hidden Amounts of Fat

Product	Calories	Grams fat	Percent Hidden Fat
Beef Frank	240	23	82%
Beef Steak, untrimmed, 3.5 oz	358	30	74%
Beef Steak, trimmed, 3.5	200	10	45%
Cheddar Cheese, 1 oz	110	10	82%
Chicken, dark, no skin, 3 oz	159	6.1	34.5%
Chicken, light, no skin, 3 oz	142	3.1	19.6%
Chocolate Bar, 1.5 oz	210	13	55.7%
Chocolate Chip Cookies, 3 oz	350	15	38.5%
Donut, cake	220	9	52%
Donut, cream filled	260	11	47%
Donut, glazed	290	18	36.8%
French Fries, medium, 4.1 oz	380	19	45%
Frozen Yogurt, soft serve, 1/2 c	117	4	30.7%
Hamburger , deluxe, 6 oz	390	19	43.8%
Hamburger, regular, 3.5 oz	250	9	32%
Ice Cream, full fat, 3.5 oz	200	16	50%
Ice Cream, reduced fat, 3.5 oz	120	4	30%
Ice Cream, supreme, 3.5 oz	300	20	60%

Product	Calories	Grams fat	Percent Hidden Fat
Mayonnaise, 1 Tbsp	100	11	99%
Milk, 1%, 8 oz	104	2.2	19%
Milk, 2%, 8 oz	121	4.4	32%
Milk, skim, 8 oz	90	0.5	5%
Milk, whole, 8 oz	149	7.7	57%
Pecan Pie, 1/8 pie	470	23	44%
Pizza, cheese	230	9	35.2%
Pizza, meat lovers	330	18	49%
Pizza, pepperoni	250	11	39.6%
Pizza, vegetarian	220	8	32.7%
Potato Chips	150	10	60%
Salad dressing, 2 Tbsp	60	5	75%
Sour Cream / Cream Cheese	100	9	81%

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Pennington Biomedical Research Center

Mission:

To promote healthier lives through research and education in nutrition and preventative medicine.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at www.pbrc.edu or call (225) 763-2597.

