
THE SATURATED FAT GUIDE

the wellnesswatchersmd team and
kerry friesen, m.d., medical director

WellnessWatchersMD™ 
The Medical Doctor's Program to Support your Healthy Changes.

Saturated Fats

In countless studies run over the last few decades, saturated fat and cholesterol have shown the most consistent association with CVD mortality. In one study, called the Seven Counties large populations were studied based on, among other things their saturated fat intake. Saturated fat intake varied from 20% to <10% of energy and the study involved over 12000 men from 16 populations. It was found that there was an almost one to one correlation between a diet in high saturated fat and the risk for coronary heart disease.

For this reason we provide the following list of...

The 500 Worst Foods You Can Eat

The Index is the Number of Grams of Saturated Fat per 200 calories

ranking	Food	Index
1	Industrial, Hydrogenated Coconut Oil, Used For Whipped Toppings And Coffee Whiteners	21.3
2	Menhaden Fully Hydrogenated Fish Oil	21.2
3	Industrial Palm Kernel Vegetable Oil, Confection Fat Coconut (Hydrogenated) And Or Palm Kernel (Hydrogenated) Shortening	21.2
4	Confectionery	20.7
5	Nutmeg Butter	20.4
6	Industrial Palm Kernel (Hydrogenated) , Used For Whipped Toppings, Non-Dairy	20.1
7	Coconut Oil	20.1
8	Industrial, Palm Kernel (Hydrogenated) For Filling Fat	20
9	Industrial, Coconut, Confection Fat, Typical Basis For Ice Cream Coatings	19.6
10	Industrial, Coconut, Principal Uses Candy Coatings, Oil Sprays, Roasting Nuts	19.5
11	Ucuhuba Butter	19.3
12	Coconut Milk, Canned (Liquid Expressed From Grated Meat And Water)	19.2
13	Coconut Cream, Raw (Liquid Expressed From Grated Meat)	18.6
14	Brewed, Espresso, Restaurant-Prepared, Decaffeinated	18.4
15	Babassu Oil	18.4
16	Coconut Meat, Dried (Desiccated), Creamed	17.9
17	Coconut Meat, Dried (Desiccated), Not Sweetened	17.3
18	Hardee's Grilled Onions	17.1
19	Sour Cream, Imitation, Cultured	17.1
20	Coconut Meat, Raw	16.8
21	Sour Dressing, Non-Butterfat, Cultured, Filled Cream-Type	14.9
22	Fractionated Palm Confectionery, Shortening.	14.8
23	Cold Stone Creamery Dessert: Mix-In, Toasted Coconut	14.4
24	Butter, Salted	14.3
25	Butter, Without Salt	14.3
26	Butter Oil, Anhydrous	14.1
27	Butter, Whipped, With Salt	14.1
28	Coconut Meat, Dried (Desiccated), Toasted	14.1
29	Arby's Butter	14
30	Butter, Light, Stick, With Salt	13.8

31	Butter, Light, Stick, Without Salt	13.8
32	Cream Substitute, Liquid, With Lauric Acid Oil And Sodium Caseinate	13.7
33	Cocoa Butter	13.5
34	Cream, Fluid, Heavy Whipping	13.4
35	Hardee's American Cheese Slice	13.3
36	Mcdonald's Half & Half Creamer	13.3
37	Cream, Fluid, Light Whipping	13.2
38	Baking Chocolate, Unsweetened, Squares	12.9
39	Cream Chees	12.6
40	Taco Bell Sour Cream	12.5
41	Cream, Fluid, Light (Coffee Cream Or Table Cream)	12.3
42	Beef, Variety Meats And By-Products, Suet, Raw	12.3
43	Cheese Spread, Cream Cheese Base	12.2
44	Cream, Sour, Cultured	12.2
45	Cupu Assu Oil	12
46	Whipped Cream Substitute, Dietetic, Made From Powdered Mix	12
47	Taco Bell Cheddar Cheese	12
48	Hardee's American Cheese Slice (Small)	12
49	Hardee's Swiss Cheese Slice	12
50	Hardee's Swiss Cheese Slice	12
51	Cream Substitute, Powdered	11.9
52	Wendy's Sour Cream	11.7
53	Carl's Jr. American Cheese	11.7
54	Arby's Sour Cream	11.7
55	Bratwurst, Chicken, Cooked	11.6
56	Culver's Dessert: Topping, Novelty Coating	11.5
57	Neufchatel Cheese	11.4
58	Goat Cheese, Semisoft Type	11.3
59	Feta Cheese	11.3
60	Dessert Topping, Powdered, 1.5 Ounce Prepared With 1/2 Cup Milk	11.3
61	Cold Stone Creamery Mix-In, Coconut	11.3
62	Banana Chips Snacks	11.2
63	Palm Vegetable Oil	11.2
64	Sour Cream Reduced Fat, Cultured	11.1
65	Beef Tallow	11
66	Lamb, New Zealand,	11
67	Cream, Fluid, Half And Half	11
68	Goat Cheese, Hard Type	10.9
69	Goat Cheese, Soft Type	10.9
70	Whipped Cream Topping, Pressurized	10.8
71	Palm Heavy Duty Shortening Frying (Hydrogenated)	10.7
72	Carob Candies	10.7
73	Baking Chocolate, Unsweetened, Liquid	10.7
74	Blue Chees	10.6
75	Pork, Fresh,Raw	10.6
76	Sheanut Vegetable Oil	10.5
77	American Cheese	10.5
78	Pimento Chees	10.5
79	Mutton Tallow	10.5
80	American Or Cheddar Cheese, Low Sodium	10.5

81	Cheddar Cheese	10.5
82	Roquefort	10.4
83	Colby Cheese, Low-Sodium	10.4
84	Brie Cheese	10.4
85	Muenster Chees	10.4
86	Veal, Raw	10.3
87	Colby Cheese	10.3
88	Archway Home Style Cookies, Coconut Macaroon	10.3
89	Limburger Cheese	10.2
90	Monterey Cheese	10.2
91	Queso Anejo Cheese	10.2
92	Camembert Cheese	10.2
93	Brick Cheese	10.1
94	Veal, Cooked	10.1
95	Queso Asadero Cheese	10.1
96	Queso Chihuahua Cheese	10.1
97	Meat Drippings (Lard, Beef Tallow, Mutton Tallow)	10.1
98	Cheshire Cheese	10.1
99	Subway Swiss Cheese	10
100	Subway Cheddar Cheese	10
101	Blimpie Swiss Cheese	10
102	Blimpie Cheddar Cheese	10
103	Kraft Breakstone's Reduced Fat Sour Cream	10
104	Corn-Based, Extruded, Cones, Nacho-Flavor	10
105	Cold Stone Creamery Dessert: Mix-In, White Chocolate Chips	10
106	Beef Tallow Or Cottonseed Shortening Frying	10
107	Milk Substitutes, Fluid, With Lauric Acid Oil Coffee And Cocoa (Mocha) Powder, With Whitener And Low Calorie Sweetener,	10
108	Decaffeinated	9.9
109	Gouda Cheese	9.9
110	Caraway Cheese	9.9
111	Nutmeg, Ground	9.9
112	Coffee, Dry, Powder, With Whitener And Low Calorie Sweetener	9.9
113	Fontina Cheese	9.9
114	Tilsit Cheese	9.9
115	Edam Cheese	9.8
116	Milk, Filled, Fluid, With Lauric Acid Oil	9.8
117	Mozzarella, Whole Milk, Low Moisture	9.8
118	Hollandaise Sauce, With Butter Fat	9.8
119	Provolone Cheese	9.7
120	Sour Cream, Light	9.7
121	Lamb, Domestic	9.7
122	Margarine Spread, Fat-Free, Tu	9.7
123	Culver's Dessert: Custard Cake, Turtle	9.6
124	Sour Cream, Reduced Fat	9.6
125	Swiss Cheese, Pasteurized Process	9.6
126	Cream Cheese, Low Fat	9.6
127	Ricotta Cheese, Whole Milk	9.5
128	Kraft Velveeta	9.5
129	Kraft Cheez Whiz	9.5
130	Port De Salut Cheese	9.5

131	Milk, Indian Buffalo	9.5
132	Nestle, Chunky Bar	9.4
133	Confectioner's Yogurt Coating	9.2
134	Coffee, Brewed, Espresso, Restaurant-Prepared	9.2
135	Gruyere Cheese	9.2
136	Nestle, Ortega Nacho Cheese Sauce	9.1
137	Long John Silver's Chocolate Cream Pie	9
138	Monerey Cheese	9
139	Lard And Vegetable Oil	9
140	Butterscotch Confectioner's Coating	8.9
	Child Formula, MEAD JOHNSON, PORTAGEN, With Iron, Prepared From	
141	Powder	8.9
142	Coffee And Cocoa (Mocha) Powder, With Whitener And Low Calorie Sweetener	8.9
143	Ramano Cheese	8.8
144	Bratwurst, Veal, Cooked	8.8
145	ESKIMO PIE BAR, Vanilla Ice Cream, With Dark Chocolate Coating	8.8
146	Animal Fat, Bacon Grease	8.7
147	Pilinuts-Canarytree, Dried	8.7
148	Oyster Stew, Canned, Prepared With Equal Volume Water, Commercial	8.7
149	Cheese Soup, Canned, Commercial	8.6
150	Cocoa, Dry Powder, Hi-Fat Or Breakfast, Processed With Alkali	8.6
151	Granola Bar, With Coconut, Chocolate Coated	8.6
152	Sheeps Milk	8.5
153	Klondike, Slim-A-Bear, No Sugar Added, Stickless Bar	8.5
154	Mounds Candy Bar	8.5
155	Cocoa, Dry Powder, Hi-Fat Or Breakfast, Plain	8.5
156	Mozzarella Part Skim Milk	8.4
157	Parmesan Cheese	8.4
158	Ice Creams, Vanilla, Rich	8.3
159	Culver's Custard Cake, Pumpkin	8.3
	Lamb, Australian, Imported, Fresh, Rib, Separable Lean And Fat, Trimmed To	
160	1/8 Fat	8.3
161	Gjetost Cheese	8.2
162	Veal, Breast, Separable Fat, Cooked	8.2
163	Tcby Parfait, Hd Triple Berry	8.2
164	Tcby Cake, Critter	8.2
165	Creamsicle Pops, Sugar Free	8.2
166	Cheese Sauce, Prepared From Recipe	8.2
167	Lamb, Domestic, Rib, Separable Lean And Fat, Trimmed To 1/4 Fat	8.2
168	Ice Creams, Chocolate, Rich	8.1
169	OSCAR MAYER, Bologna (Beef)	8.1
170	Culver's Custard Cake, Peppermint Stick	8.1
171	Beef, Rib, Shortribs, Separable Lean And Fat, Choice, Raw	8.1
172	NESTLE, CHEF-MATE Golden Cheese Sauce, Ready-To-Serve	8
173	Beef, Rib, Large End (Ribs 6-9), Separable Lean And Fat, Trimmed To 1/2 Fat	8
174	Taco Bell Three Cheese Blend	8
	Tcby Hand-Dipped Mrs. Fields Premium Ice Cream, Chocolate Chunk Cookie	
175	Dough	8
176	Del Taco Cheddar Quesadilla	8
177	Cold Stone Creamery Mix-In, Chocolate Shavings	8
178	Hardee's Butter Blend Packet	8

179	Hardee's Smoked Sausage	8
180	Muenster Low Fat Cheese	8
181	Mozzarella Cheese, Part Skim Milk	8
182	Sweet Chocolate	8
183	Margarine-Butter Blend, 60% Corn Oil Margarine And 40% Butter	7.9
184	Beef, Rib, Whole (Ribs 6-12), Separable Lean And Fat, Trimmed To 1/2 Fat	7.9
185	Pork, Cured, Salt Pork, Raw	7.9
186	Beef, Cured, Breakfast Strips, Raw Or Unheated	7.9
187	Culver's Cookies & Cream Custard Cake	7.8
188	Tcby Hand-Dipped Mrs. Fields Premium Ice Cream, Mint Chocolate TCBY Dessert: Hand-Dipped Mrs. Fields Premium Ice Cream, Very Berry	7.8
189	Strawberry OSCAR MAYER, Wieners (Beef Franks, Bun Length) [Hot Dog, Frank,	7.7
190	Frankfurter]	7.7
191	Goat Milk	7.7
192	Tcby Shiver, Hd Berry Blend	7.7
193	Cold Stone Creamery Ice Cream, Amaretto	7.7
194	Cold Stone Creamery Ice Cream, Chocolate	7.7
195	Cold Stone Creamery Ice Cream, Macadamia Nut	7.7
196	Cold Stone Creamery Ice Cream, Mocha	7.7
197	Cold Stone Creamery Ice Cream, Pistachio	7.7
198	Cold Stone Creamery Ice Cream, White Chocolate	7.7
199	Vegetable Oil-Butter Spread, Reduced Calorie	7.7
200	Salami, Cooked, Beef	7.6
201	Frankfurter, Low Sodium [Hot Dog, Frank, Wiener]	7.6
202	Beef, Rib, Small End (Ribs 10-12), Separable Lean And Fat, Trimmed To 1/2 Fat	7.6
203	Fast Foods Croissant, With Egg And Cheese	7.6
204	Oscar Mayer, Summer Sausage Beef Thuringer Cervelat	7.6
205	OSCAR MAYER, Wieners (Beef Franks) [Hotdog, Wiener, Frankfurter, Hot Dog]	7.6
206	Chocolate Covered Candies, Dietetic Or Low Calorie	7.6
207	Hand-Dipped Mrs. Fields Premium Ice Cream, Pralines & Cream	7.6
208	Hand-Dipped Mrs. Fields Premium Ice Cream, Chocolate Chocolate	7.6
209	Hand-Dipped Mrs. Fields Premium Ice Cream, Vanilla Bean	7.6
210	Sundae, Hd Waffle Berry	7.6
211	Cheese Fondue	7.6
212	Cold Stone Creamery Ice Cream, Cinnamon	7.6
213	Cold Stone Creamery Ice Cream, Coffee	7.6
214	Cold Stone Creamery Ice Cream, Irish Cream	7.6
215	Cold Stone Creamery Ice Cream, Sweet Cream	7.6
216	OSCAR MAYER, Smokies (Beef)	7.6
217	Cold Stone Creamery Ice Cream, Orange Dreams	7.6
218	Kfc Little Bucket Parfait, Chocolate Cream	7.6
219	Krystal Specialty Chik'n Bites Salad	7.6
220	Tcby Parfait, Hd Fruity Fudge	7.6
221	Beef Sticks, Smoked	7.6
222	Almond Joy Bites	7.6
223	Cold Stone Creamery Ice Cream, Coconut Beef, Composite Of Trimmed Retail Cuts, Separable Lean And Fat, Trimmed To	7.5
224	1/2 Fat	7.5
225	Beef, Rib, Large End (Ribs 6-9), Separable Lean And Fat, Trimmed To 1/2 Fat	7.5
226	Beef, Rib, Whole (Ribs 6-12), Separable Lean And Fat, Trimmed To 1/4 Fat	7.5

227	Lamb, Australian, Imported, Fresh, Shoulder, Arm, Separable Lean And Fat, Trimmed To 1/8 Fat	7.5
228	Burger King Ice Cream Shake, Vanilla	7.5
229	Oriental Style Pork, Dehydrated	7.5
230	Butter-Margarine Blend, Stick, Unsalted	7.5
231	Oyster Stew, Canned, Prepared With Equal Volume Milk	7.5
232	Fast Foods Croissant, With Egg, Cheese, And Bacon	7.5
233	Beef, Sandwich Steaks, Flaked, Chopped, Formed And Thinly Sliced, Raw	7.5
234	Pork, Fresh, Belly, Raw	7.5
235	Beef, Bologna, Reduced Sodium	7.5
236	Beef Sausage, Pre-Cooked	7.5
237	Culver's Ice Cream, Vanilla, Double, Dish	7.4
238	Bockwurst, Pork, Veal, Raw	7.4
239	Cold Stone Creamery Ice Cream, Mango	7.4
240	Tcby Split, Hd Fruit Groove	7.4
241	Semisweet Chocolate	7.4
242	Vegetable Oil-Butter Spread, Reduced Calorie, Tub, Salted	7.4
243	Beef, Chuck, Blade Roast, Separable Lean And Fat, Trimmed To 1/2 Fat	7.4
244	Cold Stone Creamery Ice Cream, Mint	7.4
245	Cold Stone Creamery Ice Cream, Vanilla Bean	7.4
246	Duck Fat	7.4
247	Fast Food Croissant, With Egg, Cheese, And Ham	7.4
248	Culver's C250vanilla Shake	7.4
249	Imitation American Cheddar Cheese	7.4
250	Semisweet Chocolate, Made With Butter	7.4
251	In-N-Out Burger Vanilla Shake	7.4
252	Almond Joy Candy Bar	7.3
253	Beef, Cured, Sausage, Cooked, Smoked	7.3
254	Cold Stone Creamery Ice Cream, Pumpkin	7.3
255	Cold Stone Creamery Ice Cream, Strawberry	7.3
256	HORMEL WRANGLER Beef Franks [Hot Dog, Frankfurter, Wiener]	7.3
257	Cold Stone Creamery Ice Cream, Butter Pecan	7.3
258	Culver's Vanilla Concrete Shake	7.3
259	Margarine-Like Shortening, Industrial, Soy (Partially Hydrogenated), Cottonseed, And Soy, Principal Use Flaky Pastries	7.3
260	Tcby Cake, Mrs. Fields Ice Cream, Sheet	7.3
261	Cold Stone Creamery Ice Cream, Banana	7.3
262	Culver's Taco Salad	7.3
263	Luncheon Meat, Beef, Loaved	7.3
264	Donatos Pizza: No Dough Pizza, White	7.3
265	Cold Stone Creamery Ice Cream, Raspberry	7.3
266	Culver's Ice Cream, Vanilla, Triple, Dish	7.2
267	Tcby Parfait, Hd Chocolate Dream	7.2
268	Del Taco Chicken Cheddar Quesadilla	7.2
269	Lamb, Ground, Raw	7.2
270	White Chocolate Confectioner's Coating	7.2
271	Cream Of Shrimp, Canned, Prepared With Equal Volume Water	7.2
272	Cold Stone Creamery Ice Cream, Black Cherry	7.2
273	OSCAR MAYER, Wieners Little (Pork, Turkey) [Hot Dog, Frank, Frankfurter]	7.2
274	Potatoes, Au Gratin, Home-Prepared From Recipe Using Butter	7.2
275	Cream Of Shrimp, Canned, Condensed	7.2

276	Culver's Ice Cream, Vanilla, Single, Dish	7.2
277	Beef, Brisket, Point Half, Separable Lean And Fat, Trimmed To 1/4 Fat	7.2
278	Lamb, Domestic, Leg, Sirloin Half, Separable Lean And Fat, Trimmed To 1/4 Fat	7.2
279	Culver's Sundae, Chocolate Caramel	7.2
280	Tcby Split, Hd Traditional	7.1
281	Back Yard Burgers Vanilla Ice Cream	7.1
282	Culver's Ice Cream, Vanilla, Double, Cake Cone	7.1
283	Ricotta Cheese, Part Skim Milk	7.1
284	Pork, Bacon, Rendered Fat, Cooked [Bacon Drippings]	7.1
285	Culver's George's Chili Supreme	7.1
286	Milk, Producer, Fluid, 3.7% Milkfat	7.1
287	Oscar Mayer. Bologna (Wisconsin Made Ring)	7.1
288	NESTLE, ORTEGA Mild Nacho Cheese Sauce, Ready-To-Serve	7.1
289	Donatos Pizza: No Dough Pizza, Serious Cheese	7.1
290	Blood Sausage	7.1
291	Bologna, Beef	7.1
292	Frankfurter, Beef [Hot Dog, Wiener, Frank]	7.1
293	OSCAR MAYER, Smokies Sausage Little Cheese (Pork, Turkey)	7.1
294	Milk, Low Sodium, Fluid	7.1
295	Frankfurter, Beef And Pork [Hot Dog, Wiener, Frank]	7.1
296	Cream Of Shrimp Soup, Canned, Prepared With Equal Volume Milk,	7.1
297	Chick-Fil-A Cheesecake	7.1
298	Cold Stone Creamery Ice Cream, Peanut Butter	7.1
299	Oscar Mayer, Summer Sausage Thuringer Cervelat	7.1
300	Cold Stone Creamery Mix-In, Reese's Pieces	7.1
301	Cocoa, Dry Powder, Unsweetened	7
302	Culver's Wisconsin Dairyland Cheese Curds	7
303	Ham And Cheese Spread	7
304	Cold Stone Creamery Ice Cream, Pecan Praline	7
305	Bologna, Pork, Turkey And Beef	7
306	Cold Stone Creamery Ice Cream, Egg Nog	7
307	Cold Stone Creamery Ice Cream, French Vanilla	7
308	Cold Stone Creamery Ice Cream, Red Licorice	7
309	Skor Toffee Bar	7
310	Frankfurter, Beef, Heated [Hot Dog, Wiener, Frank]	7
311	Arby's Deluxe Potato	7
312	Culver's Candy Bars & Cream Custard Cake	7
313	Culver's Ice Cream, Vanilla, Triple, Cake Cone	7
314	Cocoa, Dry Powder, Unsweetened, Processed With Alkali [Dutch Cocoa]	7
315	Beef, Short Loin, Tenderloin, Separable Lean And Fat, Trimmed To 1/2 Fat	7
316	Fast Food Croissant, With Egg, Cheese, And Sausage	7
317	Tcby Sundae, Arthur Electric	7
318	Cold Stone Creamery Ice Cream, Cheesecake	7
319	In-N-Out Burger Chocolate Shake	7
320	Frankfurter, Beef, Low Fat [Hot Dog, Frank, Wiener]	7
321	Donatos Pizza: No Dough Pizza, Mariachi Beef	6.9
322	Del Taco Spicy Jack Quesadilla	6.9
323	Kit Kat Wafer Bar	6.9
324	Cold Stone Creamery Mix-In, Chocolate Chips	6.9
325	Culver's Broccoli Cheese Soup	6.9

326	Burger King Ice Cream Shake, Strawberry (Syrup Added)	6.9
327	Hershey, Kit Kat Big Kat Bar	6.9
328	OSCAR MAYER, Salami Cotto (Beef, Pork, Chicken)	6.9
329	Reese's Bites	6.9
330	Symphony Milk Chocolate Bar	6.9
331	Cheese Sauce, Ready-To-Serve	6.9
332	Pepperoni, Pork, Beef	6.9
333	Whatchamacallit Candy Bar	6.9
334	Fast Foods Tostada, With Beans, Beef, And Cheese	6.9
335	Shortening, Multipurpose, Soybean (Hydrogenated) And Palm (Hydrogenated)	6.9
336	Arby's French Dip 'N Swiss	6.9
337	Papa John's Pizza: Thin Crust, Spicy Italian	6.9
338	Yogurt, Plain, Whole Milk, 8 Grams Protein Per 8 Ounce	6.9
339	NESTLE, CHEF-MATE Sharp Cheddar Cheese Sauce, Ready-To-Serve	6.9
340	Cold Stone Creamery Cake, Harry Potter™	6.9
341	Donatos Side Salad, Italian Garden	6.9
342	Beef, Brisket, Whole, Separable Lean And Fat, Trimmed To 1/4 Fat	6.9
343	THE BUDGET GOURMET, Spinach Au Gratin, Frozen	6.9
344	Milk, Canned, Evaporated	6.9
345	ALSA Mousse Mix, Powder, Dark Chocolate	6.9
346	Swisswurst, Pork And Beef, With Swiss Cheese, Smoked	6.8
347	Donatos Pizza: No Dough Pizza, Spinach	6.8
348	Burger King Ice Cream Shake, Chocolate (Syrup Added)	6.8
349	Tcby Mrs. Fields Ice Cream Pie,	6.8
350	Beef, Ground, 70% Lean / 30% Fat, Raw	6.8
351	Cold Stone Creamery Ice Cream, Oreo Cookie	6.8
352	Donatos Pizza: No Dough Pizza, Philly Cheese Steak	6.8
353	Hardee's Low Carb Breakfast Bowl	6.8
354	Ice Creams, Vanilla	6.8
355	Milk, Dry, Whole	6.8
356	Menhaden Fish Oil	6.7
357	Ice Creams, French Vanilla, Soft-Serve	6.7
358	Cold Stone Creamery Ice Cream, Cake Batter	6.7
359	Beef, Brisket, Point Half, Separable Lean And Fat, Trimmed To 1/4 Fat	6.7
360	OSCAR MAYER, Smokies (Cheese)	6.7
361	Kit Kat Bites	6.7
362	Granola Bars, Soft, Coated, Milk Chocolate Coating, Peanut Butter	6.7
363	NESTLE, CHEF-MATE Chili Without Beans, Canned Entree	6.7
364	Dutch Brand Loaf, Chicken, Pork And Beef	6.7
365	Beef, Tenderloin, Separable Lean And Fat, Trimmed To 1/4 Fat	6.7
366	Dairy Queen Ice Cream Novelty, Chocolate Dilly® Bar	6.7
367	Cold Stone Creamery Cake, Zebra Stripes	6.7
368	Subway Potato Cheese Chowder	6.7
369	Subway Bacon	6.7
370	Krispy Kreme Cake Doughnut: Chocolate (Enrobed) Mini Cake	6.7
371	Burger King Hershey®'S Sundae Pie	6.7
372	Carl's Jr. Breakfast: Bacon	6.7
	Cold Stone Creamery Cake, Barbie™, Lizzie Mcguire™, Spider-Man™,	
373	Spongebob™	6.7
374	Hardee's Side Order: Bacon	6.7
375	Hardee's Side Order: Sausage Patty	6.7

376	Wendy's Spring Mix Salad	6.7
377	TCBY Cake, 8 Round (With Nonfat Frozen Yogurt)"	6.7
378	Hardee's Side Order: Country Ham	6.7
379	Pork, Cured, Breakfast Strips, Raw Or Unheated	6.7
380	Knackwurst, Knockwurst, Pork, Beef	6.7
381	Sardine Fish Oil	6.6
382	Lamb, Domestic, Loin, Separable Lean And Fat, Trimmed To 1/4 Fat	6.6
383	Fast Food Enchilada, With Cheese	6.6
384	Culver's Ice Cream, Vanilla, Single, Cake Cone	6.6
385	Culver's Topping, Milk Chocolate Flakes	6.6
386	Chicken Fat	6.6
387	Pork, Fresh, Carcass, Separable Lean And Fat, Raw	6.6
388	Donatos Entree Salad, Italian Garden	6.6
389	OSCAR MAYER, Braunschweiger Liver Sausage (Sliced)	6.6
390	Reese's Pieces Candy	6.6
391	Fast Food Tostada, With Beef And Cheese	6.6
392	OSCAR MAYER, Bologna (Chicken, Pork, Beef)	6.6
393	Cold Stone Creamery Ice Cream, Candy Cane	6.6
394	Beef, Chuck, Blade Roast, Separable Lean And Fat, Trimmed To 1/4 Fat	6.6
395	Eggnog	6.6
396	Luncheon Meat, Pork, Beef	6.6
397	Pork, Cured, Bacon, Raw	6.5
398	Tcby Shortcake, Hd Strawberry	6.5
399	Duck, Domesticated, Meat And Skin, Raw	6.5
400	Pork And Beef Sausage, Fresh, Cooked	6.5
401	Oscar Mayer, Salami Beef Cotto	6.5
402	Beef, Tenderloin, Separable Lean And Fat, Trimmed To 1/8 Fat	6.5
403	Fat, Turkey	6.5
404	Spinach Souffle, Home-Prepared	6.5
405	Shortening, Special Purpose For Baking, Soybean (Hydrogenated) Palm And Cottonseed	6.5
406	Sausage, Italian, Pork, Raw	6.5
407	Liverwurst Spread	6.5
408	Rubio's Cheese Quesadilla	6.5
409	Liver Sausage, Liverwurst, Pork	6.5
410	Beef, Rib, Small End (Ribs 10-12), Separable Lean And Fat, Trimmed To 1/8 Fat	6.5
411	Beef, Brisket, Flat Half, Separable Lean And Fat, Trimmed To 1/8 Fat	6.5
412	Beef, Chuck, Arm Pot Roast, Separable Lean And Fat, Trimmed To 1/2 Fat	6.5
413	Beef, Rib, Small End (Ribs 10-12), Separable Lean And Fat, Trimmed To 1/4 Fat	6.5
414	Pork, Cured, Ham, Patties, Grilled	6.5
415	Frankfurter, Pork [Hot Dog, Frank, Wiener]	6.5
416	Donatos Pizza: No Dough Pizza, Pepperoni	6.5
417	Pie, Coconut Cream, Prepared From Mix, No-Bake Type	6.5
418	Salami, Cooked, Beef And Pork	6.5
419	Beef, Ground, 75% Lean Meat / 25% Fat, Raw [Hamburger]	6.5
420	Beef, Brisket, Flat Half, Separable Lean And Fat, Trimmed To 1/8 Fat	6.5
421	Beef, Short Loin, Top Loin, Separable Lean And Fat, Trimmed To 1/8 Fat	6.5
422	Luncheon Meat, Pork, Canned	6.5
423	Pork, Fresh, Variety Meats And By-Products, Mechanically Separated, Raw	6.5
424	Candies, Milk Chocolate, With Almonds	6.5
425	Margarine-Like Spread, SMART BALANCE Regular Buttery Spread	6.4

426	Del Taco Deluxe Del Beef Burrito™	6.4
427	Chicken, Broilers Or Fryers, Separable Fat, Raw	6.4
428	Pork, Cured, Ham, Patties, Unheated	6.4
429	Mcdonald's Bacon Ranch Salad	6.4
	Oil, Vegetable, Industrial, Soy (Partially Hydrogenated), Palm, Principal Uses	
430	Icings And Fillings	6.4
431	Tcby Split, Hd Mississippi Mud	6.4
432	Cheesefurter, Cheese Smokie, Pork, Beef	6.4
433	Margarine-Like Spread, SMART BALANCE Light Buttery Spread	6.4
434	Sausage, Pork And Beef, With Cheddar Cheese, Smoked	6.4
435	Milk Chocolate, With Rice Cereal	6.4
436	Tcby Hand-Dipped Mrs. Fields Premium Ice Cream, White Chunk Macadamia	6.4
437	Kraft Velveeta Light Reduced Fat Pasteurized Process Cheese Product	6.4
	Margarine-Like Spread, SMART BALANCE Omega Plus Spread (With Plant	
438	Sterols & Fish Oil)	6.4
439	Kielbasa, Kolbassy, Pork, Beef, Nonfat Dry Milk Added	6.4
440	Beef, Cured, Breakfast Strips, Cooked	6.4
441	OSCAR MAYER, Braunschweiger Liver Sausage (Saren Tube)	6.4
442	HORMEL SPAM, Luncheon Meat, Pork With Ham, Minced, Canned	6.4
443	In-N-Out Burger Strawberry Shake	6.4
444	Granola Bar, Soft, Milk Chocolate Coated, Peanut Butter	6.4
445	Tcby Hand-Dipped Mrs. Fields Premium Ice Cream, Oatmeal Raisin	6.4
446	Thuringer, Cervelat, Summer Sausage, Beef, Pork	6.4
447	Beef, Brisket, Point Half, Separable Lean And Fat, Trimmed To 1/8 Fat	6.4
448	Bologna, Beef And Pork, Low Fat	6.4
449	Cream Of Chicken Soup, Dehydrated, Prepared With Water	6.3
450	Coffee Substitute, Cereal Grain Beverage, Powder, Prepared With Whole Milk	6.3
451	Polish Sausage, Pork	6.3
452	Chorizo, Pork And Beef	6.3
453	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	6.3
454	Soup, Cream Of Chicken, Dehydrated, Dry	6.3
455	Culver's Butterburger, Low Carb	6.3
456	Tcby Shiver, Hd Cookie Dough	6.3
457	Carl's Jr. Breakfast Sausage	6.3
458	Dippin' Dots Ice Cream	6.3
459	Culver's Ice Cream, Vanilla, Triple, Waffle Cone	6.3
460	Beef, Chuck, Blade Roast, Separable Lean And Fat, Trimmed To 1/8 Fat	6.3
	OSCAR MAYER, Wieners (Cheese Hot Dogs With Turkey) [Hot Dog, Frank,	
461	Frankfurter]	6.3
462	Beef, Tenderloin, Separable Lean And Fat, Trimmed To 1/4 Fat	6.3
	Lamb, Australian, Imported, Fresh, Loin, Separable Lean And Fat, Trimmed To	
463	1/8 Fat	6.3
464	Chocolate Mousse Pie,, Prepared From Mix, No-Bake Type	6.3
465	Ice Creams, Chocolate	6.3
466	Donatos Pizza: No Dough Pizza, Vegy	6.3
467	Arby's Ham 'N Cheese Croissant	6.3
468	Culver's Chili Cheese Hot Dog W/Bun	6.3
469	ARMOUR Corned Beef Hash, Canned Entree	6.3
	Cold Stone Creamery Cake, Blue's Clues™, Hot Wheels™, Nemo™, Winnie	
470	The Pooh™	6.3
471	OSCAR MAYER, Smokies Sausage Little (Pork, Turkey)	6.3

472	Culver's Dessert Ice Cream, Vanilla, Double, Waffle Cone	6.3
473	Pate De Foie Gras, Canned (Goose Liver Pate), Smoked	6.3
474	Pate, Goose Liver, Smoked, Canned	6.3
475	Culver's Soup: Potato Au Gratin	6.2
476	Pork, Fresh, Spareribs, Separable Lean And Fat, Raw	6.2
477	Culver's Cheese Dog W/Bun	6.2
478	Culver's Chimichangas	6.2
479	OSCAR MAYER, Pork Sausage Links (Cooked)	6.2
480	Krackel Chocolate Bar	6.2
	Beef, Short Loin, Porterhouse Steak, Separable Lean And Fat, Trimmed To 1/8	
481	Fat	6.2
482	Milk, Whole, 3.25% Milkfat	6.2
483	Oscar Mayer, Smokie Links Sausage	6.2
484	Smoked Link Sausage, Pork And Beef, Nonfat Dry Milk Added	6.2
485	USDA Commodity, Beef, Patties (100%), Frozen, Raw	6.2
486	Oscar Mayer, Salami (Genoa)	6.2
487	Carl's Jr. Strawberry Swirl Cheesecake	6.2
488	Culver's Old Fashioned Cherry Soda	6.2
489	Beef, Tenderloin, Separable Lean And Fat, Trimmed To 1/8 Fat	6.2
490	Sausage, Vienna, Canned, Chicken, Beef, Pork	6.2
491	Pork, Fresh, Backribs, Separable Lean And Fat, Raw	6.2
492	Tcby Split, Hd Monkey's Uncle	6.2
493	Tcby Sundae, Hd Turtle	6.2
494	Donatos Pizza: No Dough Pizza, Classic Trio	6.2
495	Sausage, Polish, Beef With Chicken, Hot	6.2
	Beef, Short Loin, Porterhouse Steak, Separable Lean And Fat, Trimmed To 1/4	
496	Fat	6.2
497	Cheesecake Commercially Prepared	6.2
498	Del Taco Del Beef Burrito™	6.2
499	Hardee's 2/3 Lb Double Thickburger	6.2
500	Pate, Truffle Flavor	6.2