

| ITEM | SERVING | FAT (g) | CALORIES |
|---|------------|---------|----------|
| Baked potato, small, 2", plain | 1/2 cup | 0 | 57 |
| Summer squash | 1/2 cup | 0 | 22 |
| Baked chicken breast, skinless, breaded | 1/2 cup | 1 | 188 |
| Corn on the cob, 5" ear, plain | 1 ear | 1 | 83 |
| Moose, roasted | 3 oz | 1 | 114 |
| Buffalo, roasted | 3 oz | 2 | 122 |
| Elk, roasted | 3 oz | 2 | 124 |
| Seal (ringed flesh) | 3 oz | 3 | 127 |
| Venison, deer, ground or steak | 3 oz | 3 | 134 |
| Caribou, roasted | 3 oz | 4 | 142 |
| Mashed potatoes, with whole milk, fat added | 1/2 cup | 6 | 129 |
| Corn bread (3" x 3" x 1") | 1 piece | 7 | 180 |
| Mutton, roasted | 3 oz | 8 | 173 |
| Fry bread, 5" diam, with milk | 1 slice | 27 | 514 |
| Fried chicken breast, skin removed | 1/2 breast | 5 | 174 |
| Fried chicken breast, skin eaten | 1/2 breast | 12 | 242 |

Dinner Options

American Indian/Alaska Native Fat and Calorie Counter

American Indian/Alaska Native Fat and Calorie Counter

Dessert Options

| ITEM | SERVING | FAT (g) | CALORIES |
|---|------------|---------|----------|
| Angel food cake, 1/8 of cake, 10" diam) | 1 piece | 0 | 212 |
| Beverages, diet soda | 1 1/2 cups | 0 | 0 |
| Beverages, regular soda | 1/2 cup | 0 | 150 |
| Watermelon, cubed | 1 cup | 0 | 46 |
| Highbush salmonberries | 1/2 cup | 1 | 32 |
| Ice cream, regular | 1/2 cup | 12 | 178 |
| Carrot cake, 1/10 of cake, 9" diam | 1 piece | 17 | 326 |
| Pie, single crust, 1/6 of pie, 9" diam | 1 piece | 42 | 729 |

For more information call **800-CDC-INFO (800-232-4636)**

TTY 888-232-6348 or visit www.cdc.gov/info.

To order resources, visit www.cdc.gov/diabetes/ndep.

HHS' NDEP is jointly sponsored by CDC and NIH.

NDEP-129

March 2017



| ITEM | SERVING | FAT (g) | CALORIES |
|---|-----------|---------|----------|
| Salad greens | 1 cup | 0 | 14 |
| Strawberries, fresh | 1/2 cup | 0 | 23 |
| Wild rice, cooked | 1/2 cup | 0 | 83 |
| Salad dressing, fat free | 1 tbsp | 0 | 16 |
| Salad dressing, low fat | 1 tbsp | 3 | 43 |
| Salad dressing, regular | 1 tbsp | 8 | 82 |
| Potato chips, fat free | 1 oz | 0 | 105 |
| Potato chips, regular | 1 oz | 11 | 161 |
| Tepary beans | 1/4 oz | 1 | 185 |
| Tuna, in water, drained | 3 oz | 1 | 99 |
| Perch, low-fat fish | 3 oz | 1 | 100 |
| Chinook salmon, smoked | 3 oz | 3 | 99 |
| Pilot bread | 1 cracker | 3 | 100 |
| Bologna, beef, regular | 1 oz | 8 | 88 |
| Cheese, whole milk (American, Cheddar, Monterey Jack) | 1 oz | 9 | 114 |
| French fries, small, fast food | Small | 10 | 202 |
| Hot dog on bun, plain | 1 | 15 | 258 |
| Hot dog on bun, plain with catsup (ketchup) | 1 tbsp | 0 | 15 |
| Hamburger on bun | 1/4 lb | 20 | 426 |
| with cheese | 1 oz | 9 | 105 |
| with mayonnaise | 1 tbsp | 11 | 99 |
| with mustard | 1 tbsp | 1 | 12 |

Lunch Options

American Indian/Alaska Native Fat and Calorie Counter

American Indian/Alaska Native Fat and Calorie Counter

The Fat and Calorie Counter can help you keep track of the number of fat grams and calories in foods you may eat. Choose healthier options by:

- ▶ **Eating fewer foods that are high in fat.**
- ▶ **Making half of your plate fruits and vegetables.**

Talk to your health care team about developing a healthy eating plan.

Breakfast Options

| ITEM | SERVING | FAT (g) | CALORIES |
|---------------------------------|---------|---------|----------|
| Blueberries, fresh | 1/2 cup | 0 | 41 |
| Cranberries, fresh | 1/2 cup | 0 | 22 |
| Egg whites, fried without fat | 1 | 0 | 14 |
| Egg, fried with fat | 1 | 6 | 83 |
| Cold cereal, corn flakes | 1 cup | 0 | 110 |
| Toast slice, whole wheat, plain | 1 | 1 | 70 |
| Oatmeal, no fat added | 1/2 cup | 1 | 73 |
| Oatmeal, fat added | 1/2 cup | 3 | 90 |
| Milk, skim, nonfat | 1 cup | 0 | 86 |
| Milk, almond | 1 cup | 2.5 | 90 |
| Milk, soy | 1 cup | 3.5 | 60 |
| Milk, whole | 1 cup | 8 | 150 |
| Butter, regular | 1 tsp | 4 | 34 |
| Ham, extra lean | 3 oz | 5 | 123 |
| Ham, untrimmed regular | 3 oz | 13 | 192 |

Fold Here

Fold Here