

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	½ cup	0	41
Cranberries, fresh	½ 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	½ cup	1	73
Oatmeal, fat added	½ 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

American Indian/Alaska Native Fat and Calorie Counter

Lunch Options

ITEM	SERVING	FAT (g)	CALORIES
Salad greens	1 cup	0	14
Strawberries, fresh	½ cup	0	23
Wild rice, cooked	½ 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	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 with catsup (ketchup)	1 1 tbsp	15 Add 0	258 Add 15
Hamburger on bun with cheese	¼ lb 1 oz	20 Add 9	426 Add 105
with mayonnaise	1 tbsp	Add 11	Add 99
with mustard	1 tbsp	Add 1	Add 12

American Indian/Alaska Native Fat and Calorie Counter

Dinner Options

ITEM	SERVING	FAT (g)	CALORIES
Baked potato, small, 2", plain	½ cup	0	57
Summer squash	½ cup	0	22
Baked chicken breast, skinless, breaded	½ 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	½ 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	½ breast	5	174
Fried chicken breast, skin eaten	½ breast	12	242

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

Visit www.cdc.gov/diabetes/ndep or call 1-800-CDC-INFO for more information about NDEP.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the Centers for Disease Control and Prevention and the National Institutes of Health with the support of more than 200 partner organizations.

April 2013

