Fat Per Calorie

Where the fat calories are — in your oils, your nuts and your breakfast meats.

Fat has **9 calories per gram**, more than double protein or carbs (4 each). That doesn't make it bad: you need it. It just means a tablespoon here and there adds up fast. The bar shows grams of fat per 100 calories; the percent is how much of the food's calories come from fat.

FOOD	SERVING	FAT	CAL	FAT PER 100 CAL (% CAL)
Olive oil	1 tbsp, 14 g	**14 g**	124	**11 g** (102%)
Butter	1 tbsp, 14 g	**11 g**	100	**11 g** (102%)
Mayonnaise	1 tbsp, 14 g	**10 g**	95	**11 g** (99%)
Coconut milk (gata)	¼ cup, 60 g	**14 g**	138	**10 g** (94%)
Avocado	½ medium, 100 g	**15 g**	160	**9.4 g** (84%)
Hotdog	2 pieces, 90 g	**23 g**	261	**9.0 g** (81%)
Almonds	1 handful, 28 g	**14 g**	162	**8.6 g** (78%)
Peanut butter	1 tbsp, 16 g	**8.0 g**	94	**8.5 g** (77%)
Cheddar cheese	1 slice, 28 g	**9.2 g**	113	**8.2 g** (74%)
Longganisa	2 pieces, 100 g	**26 g**	320	**8.1 g** (73%)
Bacon	3 strips, 24 g	**10 g**	130	**7.8 g** (70%)
Whole eggs	2 large, 100 g	**11 g**	155	**7.1 g** (64%)
Bangus, grilled	120 g	**16 g**	236	**6.6 g** (59%)
Tocino	100 g	**17 g**	270	**6.3 g** (57%)
Salmon	120 g	**16 g**	250	**6.2 g** (56%)
Chicken breast	120 g	**4.3 g**	198	**2.2 g** (20%)

70%+ of calories from fat 30–69% Under 30%

THE BREAKFAST MEATS

Longganisa, hotdog and bacon get most of their calories from fat, not protein. Enjoy them, but count them as a fat, and pair them with a lean protein.

Approximate values from standard nutrition tables (TLC Coach Console food library). Brands and recipes vary. General education only, not medical or dietary advice.