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Vital health information in a minute

Tips for tracking fat grams

Food labels can be confusing, especially when you're looking at fat grams. But it's important to know how much fat you should have in your diet and how to use labels to help keep your dietary fat intake in check.

The American Heart Association recommends the following.[1]

> Limit dietary fat to no more than 20% to 35% of total daily calories.

> Limit saturated fat to less than 10% of daily calories.
> *Saturated fat* typically comes from meat and dairy products.
> *Unsaturated fat* is found in a variety of oils, fatty fish and most seeds and nuts.

Break down the fat

The percentages are a good place to start, but you need to know how that translates to grams. A person on a 2,000-calorie diet should eat no more than **44 to 78 grams of fat**, with less than **22 grams of saturated fat**.[1]

One fast-food meal can easily put you over 60 grams of fat. Instead, try consuming the same amount of fat throughout the day over multiple meals or snacks. Here's a sample of what 60 grams of healthy fats looks like.

> 1/2 avocado

> Slice of cheddar cheese

> 1 hardboiled egg

> 3 oz. wild sockeye salmon fillet

> 1/8 cup almonds

> 2 tablespoons peanut butter

The foods listed here contain approximately 60 grams of fat altogether, including 12 grams of saturated fat.[2]

Cooking meals at home can help you control

Together, all the way.®

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