

Understanding the Nutrition Label: The Fats and Cholesterol

Learning for Life

5 grams of fat equals 1 teaspoon!

The University of Georgia
Cooperative Extension

Contact your local office at



- All fat has 45 calories per teaspoon.
- Saturated and trans fats will raise LDL cholesterol increasing risk for heart attack and stroke.
- Add up both saturated and trans fat to determine the unhealthy fats in a food.
- Only animal foods contain cholesterol. A food may have no cholesterol, but still be high in bad fats.

Partially hydrogenated oils contain trans fats.

“Free” on a label may not mean totally free. Check the ingredient list as well for sources of bad fat or cholesterol that can add up.

Consume less than 300 milligrams of cholesterol per day. However, if you have diabetes or cardiovascular disease, consume less than 200 milligrams.



Total Calories	7% limit on	10% limit on satu-
1200	9 grams	13 grams
1500	12 grams	17 grams
1800	14 grams	20 grams
2000	16 grams	22 grams
2200	17 grams	24 grams
2500	19 grams	28 grams

Publication # FDNS-E- 89-96a

Reviewed by Connie Crawley 10/11 and 2013

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