



The Fat Detective Takes a Closer Look...








1 pat of butter = 4 grams of fat, 36 calories, 13% saturated fat







Beverages **	Serving Size (oz)	Cals/serv	Fat (g)	Fat (pats of butter)
Non-fat milk	8oz (1 cup)	90	0-1	---
Starbucks Hot Chocolate: Nonfat Milk no whip	12 oz (tall)	195	2	
1% milk	8 oz (1 cup)	120	3	
Whole milk	8 oz (1 cup)	150	8	
Starbucks Hot Chocolate: Whole Milk with Whipped Cream	12 oz (tall)	335	18	









Desserts **	Serving Size	Cals/serv	Fat (g)	Fat (pats of butter)
TCBY non-fat chocolate soft serve	1/2 cup	10	0	----
Haagen-Dazs Low-fat Chocolate Sorbet	1/2 cup	130	0.5	----
Edy's Slow Churned Rich & Creamy, Light, Vanilla	1/2 cup	100	3.5	
Burger King Chocolate Shake	12 oz	360	9	
Ben & Jerry's Chunky Monkey	1/2 cup	300	18	
McDonald's McFlurry, Oreo	12 oz (small)	580	19	
Chocolate Mousse	1 cup (7 oz)	455	32	

Cereals/Breakfast foods **	Serving Size	Cals/serv	Fat (g)	Fat (pats of butter)
English Muffin	1 muffin	135	1	
Honey Nut Cheerios	3/4 cup	110	1.5	
Oatmeal (Instant/Rolled)	1/2 cup	150	2.5	
Apple bran muffin (Starbucks)	1 muffin (4.3 oz)	350	9	
Egg McMuffin (McDonalds)	1 muffin (4.8 oz)	300	12	
Cranberry Orange scone (Starbucks)	1 scone (4.3 oz)	470	17	
Croissant, Egg, Ham, Cheese (Arbys)	1 croissant (6 oz)	360	20	

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Chips, Snacks	Serving Size	Cals/serv	Fat (g)	Fat (pats of butter)
<i>Beef Jerky</i>	0.7oz (large piece)	80	5	
<i>Nacho flavored tortilla chips</i>	1 oz (12 chips)	145	7.5	
<i>Barbecue potato chips</i>	1 oz (1 serving)	140	9	
<i>Corn-based tortilla chips, unsalted</i>	1 oz (12 chips)	155	9.5	
<i>Banana chips</i>	1 oz	150	9.5	
<i>Plain, salted potato chips</i>	1 oz (1 serving)	155	10.5	
<i>Trail mix</i>	1/2 cup	350	22	

Pastries, Croissants, Sweet Rolls**	Serving Size	Cals/serv	Fat (g)	Fat (pats of butter)
<i>Donut, cake type, chocolate, sugared or glazed (medium)</i>	1.5oz (3" diameter)	175	8.5	
<i>Sweet Rolls: Cinnamon, commercially prepared w. raisins</i>	2.1 oz (medium square)	225	10	
<i>Croissant, medium</i>	2 oz	230	12	
<i>Danish pastry, cheese</i>	2.5 oz (1 pastry)	265	16	
<i>Au Bon Pain Chocolate croissant</i>	1 croissant	330	17	
<i>Cinnabon's Bakery: Cinnamon Rolls, Cinnabon Classic</i>	1 bun	813	32	

Condiments & Sauces **	Serving Size	Cals/serv	Fat (g)	Fat (pats of butter)
<i>Marinara sauce (pasta)</i>	1/4 cup	45	1.5	
<i>Reduced-fat light Blue Cheese dressing</i>	1/4 cup	55	2	
<i>Alfredo, creamy (pasta)</i>	1/4 cup	100	9	
<i>Russian salad dressing</i>	1/4 cup	220	16	
<i>Mayonnaise</i>	1/4 cup	230	20	
<i>Pesto sauce (pasta)</i>	1/4 cup	230	21	
<i>Thousand Island Dressing</i>	1/4 cup	230	22	
<i>Blue Cheese salad dressing</i>	1/4 cup	310	32	

Resource Consulted: www.calorieking.com; & specific nutritional facts on products' websites.

**NOTE: Use of brand names does not constitute an endorsement of these products.

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