

## 一般食品膽固醇及脂肪成份

### Cholesterol and Fat Content of Common Foods

每日建議進食份量：

脂肪 60 克以下  
飽和脂肪 20 克以下  
膽固醇 300 毫克以下

Recommended Daily Intake:

Fat Less than 60gm  
Saturated Fat Less than 20gm  
Cholesterol Less than 300mg

Abbreviations:

SFA =	飽和脂肪	Saturated Fatty Acid
CHOL =	膽固醇	Cholesterol
CAL =	熱量	Calories
gm =	克	Gram
mg =	毫克	Milligram
oz =	安士	Ounce
Tb. =	湯匙	Tablespoon
c. =	杯 (八安士)	Cup (8 oz)
lg =	大	Large
med. =	中	Medium
sm. =	小	Small
sl. =	片	Slice
NA =	資料缺乏	Data Not Available

Reference:

*Bowes & Church's "Food Values of Portions Commonly Used", 18<sup>th</sup> Edition, 2005.*

華人社區健康資源中心編譯

1995 年版權所有, 01/2010 年修正

© 1995 Chinese Community Health Resource Center, revised 01/2010

## 一般食品膽固醇及脂肪成份

### Cholesterol and Fat Content of Common Foods

	份量 AMT	脂肪(克) FAT (gm)	飽和脂肪(克) SFA (gm)	膽固醇(毫克) CHOL (mg)	熱量 CAL
<b>牛肉類 (煮熟的) Beef (Cooked)</b>					
牛腩 (半肥瘦) Brisket, lean & fat	3 oz	26.8	10.5	80	327
牛腩 (瘦) Brisket, lean	3 oz	10.8	3.9	79	206
咸牛肉 Corned beef	3 oz	16.1	5.4	83	213
扇面(半肥瘦) Flank steak, lean & fat	3 oz	10.7	4.5	58	192
扇面 (瘦) Flank steak, lean	3 oz	8.6	3.7	57	176
碎牛肉 Ground beef, 15% fat	3 oz	13.0	5.1	77	218
焗牛肉 (半肥瘦) Prime rib, lean & fat	3 oz	28.8	12.0	72	342
焗牛肉 (瘦) Prime rib, lean	3 oz	15.6	6.7	69	241
牛蹶 (半肥瘦) Shank, lean & fat	3 oz	12.5	4.8	68	224
牛蹶 (瘦) Shank, lean	3 oz	5.4	1.9	66	171
牛仔骨 (半肥瘦) Short ribs, lean & fat	3 oz	35.7	15.1	80	400
牛仔骨 (瘦) Short ribs, lean	3 oz	15.4	6.6	79	251
西冷扒 (半肥瘦) Sirloin, lean & fat	3 oz	6.4	2.6	76	166
西冷扒 (瘦) Sirloin, lean	3 oz	4.8	1.9	76	153
牛柳 (半肥瘦) Tenderloin, lean & fat	3 oz	10.6	4.1	72	195
牛柳 (瘦) Tenderloin, lean	3 oz	7.5	2.8	71	170
牛仔肉 (半肥瘦) Veal, lean & fat	3 oz	10.5	4.5	88	184
牛仔肉 (瘦) Veal, lean	3 oz	5.9	2.2	90	149
<b>豬肉類 (煮熟的) Pork (Cooked)</b>					
臘肉 Preserved Meat	3 oz	25.0	9.0	95	330
臘腸 Chinese Sausage	1 link	21.0	15.0	50	240
煙肉 Bacon	3 sl.	17.1	6.6	30	192
* 腩肉 Belly	3.5 oz	53.0	19.3	72	518
火腿 Ham, 4% fat	3.5 oz	4.6	1.5	38	120
香腸 (熱狗) Sausage	1 link	13.1	4.8	22	144
排骨 (半肥瘦) Spareribs, lean & fat	3 oz	25.8	9.5	103	337
碎豬肉 Gound Pork	3 oz	17.7	6.6	80	252
梅頭 (半肥瘦) Shoulder, lean & fat	3 oz	17.1	6.3	78	246
梅頭 (瘦) Shoulder, lean	3 oz	11.5	4.1	77	196
柳梅 (半肥瘦) Tenderloin, lean & fat	3 oz	6.9	2.5	80	171
柳梅 (瘦) Tenderloin, lean	3 oz	5.4	1.8	80	159
豬耳 Pig ear	1 ear	11.9	NA	99	183
豬尾 Pig tails	3.5 oz	35.8	12.5	129	396
豬腳 Pig feet	3.5 oz	12.4	4.3	100	194

\* = Raw, 生的

	份量 AMT	脂肪 (克) FAT (gm)	飽和脂肪 (克) SFA (gm)	膽固醇 (毫克) CHOL (mg)	熱量 CAL
<b>羊肉類 (煮熟的) Lamb (Cooked)</b>					
羊腿 (半肥瘦) Leg, lean & fat	3 oz	14.0	5.9	79	219
羊腿 (瘦) Leg, lean	3 oz	6.6	2.3	76	162
羊扒 (半肥瘦) Loin, lean & fat	3 oz	19.6	8.4	85	269
羊扒 (瘦) Loin, lean	3 oz	8.3	3.0	81	184
羊肉 (半肥瘦) Shoulder, lean & fat	3 oz	20.9	8.8	99	292
羊肉 (瘦) Shoulder, lean	3 oz	13.5	5.2	99	241

### 內臟類 (煮熟的) Organ Meats (Cooked)

豬腦 Brain, pork	3 oz	8.1	1.8	2169	117
豬心 Heart, pork	3 oz	4.2	1.1	185	124
豬腰 Kidney, pork	3 oz	4.0	1.3	408	128
豬肝 Liver, pork	3 oz	3.7	1.2	302	140
豬肺 Lung, pork	3 oz	2.6	0.9	329	84
豬胰 Pancreas, pork	3 oz	9.2	3.2	268	186
豬脾 Spleen, pork	3 oz	2.7	0.9	428	127
* 豬肚 Stomach, pork	3 oz	8.1	2.9	164	133
豬脷 Tongue, pork	3 oz	15.8	5.5	124	230
豬腸 Chitterlings, pork	3 oz	24.4	8.6	122	258
* 牛柏葉 Tripe, beef	3 oz	3.4	1.7	81	83
雞腎 Gizzard, chicken	3 oz	3.1	0.9	165	130

### 其它肉類 (煮熟的) Other Meats (Cooked)

* 蝸牛 Snail	3.5 oz	1.4	0.3	50	90
* 水魚(龜) Turtle	3.5 oz	0.5	0.1	50	89
鹿肉 Deer	3 oz	2.7	1.1	95	134
兔肉 Rabbit	3 oz	7.1	2.1	73	175
* 田雞腿 Frog leg	3.5 oz	0.3	0.1	50	73
駝鳥 Ostrich	3 oz	3.3	1.1	79	132

\* = Raw, 生的

	份量 AMT	脂肪 (克) FAT (gm)	飽和脂肪 (克) SFA (gm)	膽固醇 (毫克) CHOL (mg)	熱量 CAL
--	-----------	--------------------	----------------------	-----------------------	-----------

## 家禽類 (煮熟的) Poultry (Cooked)

### 雞 *Chicken*

胸肉(連皮) Breast w/skin	3 oz	6.5	1.8	70	165
胸肉(去皮) Breast w/o skin	3 oz	3.1	0.9	73	142
上腿(連皮) Thigh w/skin	1 (2 oz)	9.6	2.7	58	153
上腿(去皮) Thigh w/o skin	1 (1.8 oz)	5.7	1.6	49	109
下腿(連皮) Drumstick w/skin	1 (1.8 oz)	5.8	1.6	48	112
下腿(去皮) Drumstick w/o skin	1 (1.6 oz)	2.5	0.7	41	76
雞翼 Wing	1 Wing (1.2 oz)	6.6	1.9	29	99

### 火雞 *Turkey*

胸肉(連皮) Breast w/skin	3 oz	7.5	2.1	62	130
胸肉(去皮) Breast w/o skin	3 oz	2.7	0.7	77	141
腿肉(連皮) Dark meat w/ skin	3 oz	6.0	1.8	99	155
腿肉(去皮) Dark meat w/o skin	3 oz	3.7	1.2	95	138

### 鴨 *Duck*

鴨 (連皮) Duck w/skin	3 oz	24.1	8.2	71	286
鴨 (去皮) Duck w/o skin	3 oz	9.5	3.5	76	171
* 鶉鶉 (去皮) Quail w/o skin	3 oz	3.9	1.1	60	114
* 乳鴿 (去皮) Squab w/o skin	3 oz	6.4	1.7	77	121

### 蛋類 *Eggs*

雞蛋 Chicken egg, whole	1 lg	5.0	1.6	212	75
蛋白 Egg white	1 lg	0	0	0	17
蛋黃 Egg yolk	1 lg	5.1	1.6	218	61
鴨蛋 Duck egg, whole	1	9.6	2.6	619	130
鶉鶉蛋 Quail egg, whole	1	1.0	0.3	76	14

\* = Raw, 生的

	份量 AMT	脂肪(克) FAT (gm)	飽和脂肪(克) SFA (gm)	膽固醇(毫克) CHOL (mg)	熱量 CAL
<b>魚類 (煮熟的) Fish (Cooked)</b>					
塘虱 Catfish	3 oz	6.8	1.5	54	129
鰻魚 (鱺) Eel	3 oz	12.7	2.6	137	201
石斑 Rockcod	3 oz	0.7	0.1	40	89
龍利 Flounder	3 oz	1.3	0.3	58	99
鱈魚 Haddock	3 oz	0.8	0.1	63	95
左口魚 Halibut	3 oz	2.5	0.4	35	119
鯡魚 Herring	3 oz	15.1	3.5	84	213
長石斑 Lingcod	3 oz	1.2	0.2	57	93
鮫魚(池魚) Mackerel	3 oz	8.6	2.4	51	171
草魚 Perch	3 oz	1.0	0.2	98	99
梭子魚 Pike	3 oz	0.7	0.1	43	96
* 魚卵 (魚子) Roe	1 oz	1.8	0.4	105	39
石頭魚 Rockfish	3 oz	1.7	0.4	37	103
三文魚 Salmon, Sockeye	3 oz	9.3	1.6	74	184
沙甸魚 Sardines (canned)	3 oz	10.1	2.6	51	150
鱸魚 Sea bass	3 oz	2.2	0.6	45	105
* 鯊魚 Shark	3 oz	3.8	0.8	43	111
紅衣 Sheepshead	3 oz	1.4	0.3	54	109
沙追魚 Smelt	3 oz	2.6	0.5	77	105
紅石斑 Snapper	3 oz	1.5	0.3	40	109
劍魚 Sword fish	3 oz	4.4	1.2	43	132
盲曹 Striped bass	3 oz	2.5	0.6	88	105
鱈龍 Sturgeon	3 oz	4.4	1.0	65	115
鱒魚 Trout	3 oz	7.2	1.3	63	162
吞拿魚 Tuna (canned)	3 oz	0.7	0.2	25	162
<b>貝殼類 (煮熟的) Shellfish (Cooked)</b>					
* 鮑魚 Abalone	3 oz	0.6	0.1	72	89
蜆 Clams	3 oz	1.7	0.2	57	126
蟹 Crab	3 oz	1.1	0.1	65	94
墨魚 Cuttlefish	3 oz	1.2	0.2	190	134
龍蝦 Lobster	3 oz	0.5	0.1	61	83
青口 (淡菜) Mussels	3 oz	3.8	0.7	48	148
八爪魚 Octopus	3 oz	1.8	0.4	82	139
蠔 Oyster	3 oz	4.2	1.2	88	120
* 帶子 (干貝) Scallops	3 oz	0.6	0.1	28	75
蝦 Shrimp	3 oz	0.9	0.2	166	84
* 魷魚 Squid	3 oz	1.2	0.3	198	78
螺 Whelk	3 oz	0.7	0.1	111	234

\* = Raw, 生的

	份量 AMT	脂肪 (克) FAT (gm)	飽和脂肪 (克) SFA (gm)	膽固醇 (毫克) CHOL (mg)	熱量 CAL
<b>果仁種子類 Nuts &amp; Seed</b>					
杏仁 Almonds	3 Tb. (1 oz)	15.0	1.4	0	167
腰果 Cashews	3 Tb. (1 oz)	13.0	2.6	0	163
栗子 Chestnuts	3 Tb. (1 oz)	0.3	0.1	0	68
白果 Ginko nuts	3 Tb. (1 oz)	0.5	0.1	0	52
夏威夷果 Macadamia nuts	3 Tb. (1 oz)	21.6	3.4	0	204
花生 Peanuts	3 Tb. (1 oz)	13.9	1.9	0	164
松子 Pine nuts	3 Tb. (1 oz)	17.3	2.7	0	170
開心果 Pistachios	3 Tb. (1 oz)	13.0	1.6	0	162
黃豆 Soynuts	3 Tb. (1 oz)	6.0	1.0	0	100
核桃 Walnuts	3 Tb. (1 oz)	16.7	1.0	0	175
蓮子 Lotus seeds	3 Tb. (1 oz)	0.6	0	0	94
南瓜子 Pumpkin seeds	3 Tb. (1 oz)	11.9	2.3	0	148
芝麻 Sesame seeds	3 Tb. (1 oz)	13.6	1.9	0	161
葵花子 Sunflower seeds	3 Tb. (1 oz)	14.1	1.5	0	165
瓜子 Watermelon seeds	3 Tb. (1 oz)	13.5	2.8	0	158
<b>油脂類 Fats &amp; Oils</b>					
牛油 Butter	1 Tb.	11.1	7.2	33	102
豬油 Lard	1 Tb.	12.8	5.0	12	115
雞油 Chicken fat	1 Tb.	12.8	3.8	11	115
人造牛油 (軟) Margarine soft	1 Tb.	11.4	2.1	0	102
人造牛油(硬) Margarine, stick	1 Tb.	11.4	2.1	0	102
三文治醬 Mayonnaise	1 Tb.	11.0	1.6	0	99
咖啡奶晶粉 Powdered creamer	1 Tb.	2.1	2.1	0	33
咖啡奶晶 Liquid creamer	1 Tb.	1.6	0.3	0	19
沙律醬 Salad dressing	1 Tb.	5.6	0.8	0	60
椰汁 (椰奶) Coconut milk	1 Tb.	3.0	2.7	0	30
花生醬 Peanut butter	1 Tb.	8.2	1.6	0	95
油菜子油 Canola oil	1 Tb.	14.0	1.0	0	124
粟米油 Corn oil	1 Tb.	13.6	1.7	0	120
椰油 Coconut oil	1 Tb.	13.6	11.8	0	117
棉子油 Cottonseed oil	1 Tb.	13.6	3.5	0	120
橄欖油 Olive oil	1 Tb.	13.5	1.8	0	119
棕櫚油 Palm oil	1 Tb.	13.6	8.9	0	120
花生油 Peanut oil	1 Tb.	13.5	2.3	0	120
紅花子油 Safflower oil	1 Tb.	13.6	1.2	0	120
麻油 Sesame oil	1 Tb.	13.6	1.9	0	120
黃豆油 Soybean oil	1 Tb.	13.6	2.0	0	120
葵花子油 Sunflower oil	1 Tb.	13.6	1.4	0	120
菜油 Vegetable oil	1 Tb.	14.0	2.0	0	120

	份量 AMT	脂肪 (克) FAT (gm)	飽和脂肪 (克) SFA (gm)	膽固醇 (毫克) CHOL (mg)	熱量 CAL
<b>穀類食品 Grains</b>					
飯 Rice, cooked	1 c.	0.6	0	0	264
方包 Bread	1 sl.	1.0	0	0	60
蛋糕 Cake	1 sl.	11.0	6.0	26	213
曲奇餅 Cookies	3	5.0	3.0	20	120
蛋麵 Egg noodles, cooked	1 c.	2.4	0.5	53	212
通心粉 Macaroni, cooked	1 c.	0.9	0.1	0	197
即食麵 Instant noodle	1 pk	16.0	8.0	0	400
杯麵 Cup of noodle	1 c.	12.0	6.0	0	290
麥皮 Oatmeal, cooked	1 c.	2.4	0.4	0	145
意大利粉 Spaghetti, cooked	1 c.	0.9	0.1	0	197
咸餅干 Crackers	5	1.0	0	0	60
<b>乾豆類 Beans</b>					
豆腐 Tofu	4 oz	5.9	0.9	0	94
黑豆(熟) Black beans, cooked	1/2 c.	0.5	0.1	0	115
眉豆(熟) Blackeye peas, cooked	1/2 c.	0.3	0.1	0	80
黃豆(熟) Soybeans, cooked	1/2 c.	7.7	1.1	0	150
豆漿 Soy milk	8 oz	4.6	0.5	0	79
<b>蔬果類 Fruits &amp; Vegetables</b>					
水果 Fruit	1	< 1.0	0	0	60
蔬菜 Vegetable	1 c.	< 1.0	0	0	50
橄欖 Olives	10 med.	6.9	0.8	0	65
牛油果 Avocado	1 med.	30.0	4.5	0	306
椰子 Coconut	2 oz	15.0	13.4	0	159
榴槿 Durian	3 oz	4.5	NA	0	125
<b>牛奶類 Dairy Products</b>					
全脂奶 Whole milk	8 oz	8.9	5.5	35	150
低脂奶 2% Reduced fat milk	8 oz	4.7	2.9	18	120
低脂奶 1% Lowfat milk	8 oz	2.6	1.6	10	102
脫脂奶 Fat free	8 oz	0.4	0.3	4	86
朱古力奶 Chocolate milk, 2% fat	8 oz	5.0	3.1	17	179
低脂酸凍奶 Lowfat yogurt, 1% fat	8 oz	1.8	1.1	20	218
脫脂酸凍奶 Fat free light yogurt	1 oz	0	0	5	90-120
全脂淡奶 (花奶) Evaporated milk, whole	1 oz (2 Tb)	2.4	1.4	9	42
低脂淡奶 Evaporated milk, 2% fat	1 oz (2 Tb)	0.5	0	5	25
脫脂淡奶 Evaporated milk, fat free	1 oz (2 Tb)	0.1	0	4	25
煉奶 Condensed milk	1 oz (2 Tb)	3.3	2.0	10	123
忌廉 Cream, half & half	1 oz (2 Tb)	3.4	2.2	12	40
芝士 American cheese	1 oz	8.9	5.6	27	106
雪糕 Ice cream, vanilla	1/2 c	7.9	4.9	32	145

