

## 一般食品膽固醇及脂肪成份

## CHOLESTEROL AND FAT CONTENT OF COMMON FOODS

### 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", 19<sup>th</sup> Edition, 2010.*

## 一般食品膽固醇及脂肪成份

### CHOLESTEROL AND FAT CONTENT OF COMMON FOODS

|                                 | 份量<br>AMT | 脂肪(克)<br>FAT (gm) | 飽和脂肪(克)<br>SFA (gm) | 膽固醇(毫克)<br>CHOL (mg) | 熱量<br>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       |
| 牛蹠(半肥瘦) Shank, lean & fat       | 3 oz      | 12.5              | 4.8                 | 68                   | 224       |
| 牛蹠(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       |

### 豬肉類(煮熟的) Pork (Cooked)

|                                |        |      |      |     |     |
|--------------------------------|--------|------|------|-----|-----|
| 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<br>AMT | 脂肪(克)<br>FAT (gm) | 飽和脂肪(克)<br>SFA (gm) | 膽固醇(毫克)<br>CHOL (mg) | 熱量<br>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<br>AMT       | 脂肪(克)<br>FAT (gm) | 飽和脂肪(克)<br>SFA (gm) | 膽固醇(毫克)<br>CHOL (mg) | 熱量<br>CAL |
|-----------------------------------|-----------------|-------------------|---------------------|----------------------|-----------|
| <b>家禽類 (煮熟的) Poultry (Cooked)</b> |                 |                   |                     |                      |           |
| <b>雞 Chicken</b>                  |                 |                   |                     |                      |           |
| 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        |
| <b>火雞 Turkey</b>                  |                 |                   |                     |                      |           |
| 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       |
| <b>鴨 Duck</b>                     |                 |                   |                     |                      |           |
| 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       |
| <b>蛋類 Eggs</b>                    |                 |                   |                     |                      |           |
| 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<br>AMT | 脂肪 (克)<br>FAT (gm) | 飽和脂肪 (克)<br>SFA (gm) | 膽固醇 (毫克)<br>CHOL (mg) | 熱量<br>CAL |
|------------------------------------|-----------|--------------------|----------------------|-----------------------|-----------|
| <b>魚類(煮熟的) Fish (Cooked)</b>       |           |                    |                      |                       |           |
| 塘虱 Catfish                         | 3 oz      | 6.8                | 1.5                  | 54                    | 129       |
| 鰻魚(鱧) 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<br>AMT    | 脂肪(克)<br>FAT (gm) | 飽和脂肪(克)<br>SFA (gm) | 膽固醇(毫克)<br>CHOL (mg) | 熱量<br>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<br>AMT   | 脂肪(克)<br>FAT (gm) | 飽和脂肪(克)<br>SFA (gm) | 膽固醇(毫克)<br>CHOL (mg) | 熱量<br>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       |