

一般食品胆固醇及脂肪成份

CHOLESTEROL AND FAT CONTENT OF COMMON FOODS

Abbreviations:

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

Reference:

Bowes & Church's "Food Values of Portions Commonly Used", 19th Edition, 2010.

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Cholesterol and Fat Content of Common Foods

	份量 AMT	脂肪 (克) FAT (gm)	饱和脂肪 (克) SFA (gm)	胆固醇 (毫克) CHOL (mg)	热量 CAL
牛肉类 (煮熟的) Beef (Cooked)					
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

猪肉类 (煮熟的) Pork (Cooked)

腊肉 Preserved Meat	3 oz	25.0	9.0	95	330
腊肠 Chinese Sausage	1 link	21.0	15.0	50	240
烟肉 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
香肠 (热狗) Sausage	1 link	13.1	4.8	22	144
排骨 (半肥瘦) Spareribs, lean & fat	3 oz	25.8	9.5	103	37
碎猪肉 Gound Pork	3 oz	17.7	6.6	80	252
梅头 (半肥瘦) Shoulder, lean & fat	3 oz	17.1	6.3	78	246
梅头 (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
猪耳 Pig ear	1 ear	11.9	NA	99	183
猪尾 Pig tails	3.5 oz	35.8	12.5	129	396
猪脚 Pig feet	3.5 oz	12.4	4.3	100	194

* = Raw, 生的

	份量 AMT	脂肪 (克) FAT (gm)	饱和脂肪 (克) SFA (gm)	胆固醇 (毫克) CHOL (mg)	热量 CAL
羊肉类 (煮熟的) Lamb (Cooked)					
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
内脏类 (煮熟的) Organ Meats (Cooked)					
猪脑 Brain, pork	3 oz	8.1	1.8	2169	117
猪心 Heart, pork	3 oz	4.2	1.1	185	124
猪腰 Kidney, pork	3 oz	4.0	1.3	408	128
猪肝 Liver, pork	3 oz	3.7	1.2	302	140
猪肺 Lung, pork	3 oz	2.6	0.9	329	84
猪胰 Pancreas, pork	3 oz	9.2	3.2	268	186
猪脾 Spleen, pork	3 oz	2.7	0.9	428	127
*猪肚 Stomach, pork	3 oz	8.1	2.9	164	133
猪脷 Tongue, pork	3 oz	15.8	5.5	124	230
猪肠 Chitterlings, pork	3 oz	24.4	8.6	122	258
*牛柏叶 Tripe, beef	3 oz	3.4	1.7	81	83
鸡肾 Gizzard, chicken	3 oz	3.1	0.9	165	130
其它肉类 (煮熟的) Other Meats (Cooked)					
*蜗牛 Snail	3.5 oz	1.4	0.3	50	90
*水鱼 (龟) 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
*田鸡腿 Frog leg	3.5 oz	0.3	0.1	50	73
鸵鸟 Ostrich	3 oz	3.3	1.1	79	132

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	份量 AMT	脂肪 (克) FAT (gm)	饱和脂肪 (克) SFA (gm)	胆固醇 (毫克) CHOL (mg)	热量 CAL
家禽类 (煮熟的) Poultry (Cooked)					
鸡 Chicken					
胸肉 (连皮) 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 (连皮) 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 (连皮) 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
鸡翼 Wing	1 Wing (1.2 oz)	6.6	1.9	29	99
火鸡 Turkey					
胸肉 (连皮) 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 (连皮) 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
鸭 Duck					
鸭 (连皮) Duck w/skin	3 oz	24.1	8.2	71	286
鸭 (去皮) Duck w/o skin	3 oz	9.5	3.5	76	171
* 鹌鹑 (去皮) Quail w/o skin	3 oz	3.9	1.1	60	114
* 乳鸽 (去皮) Squab w/o skin	3 oz	6.4	1.7	77	121
蛋类 Eggs					
鸡蛋 Chicken egg, whole	1 lg	5.0	1.6	212	75
蛋白 Egg white	1 lg	0	0	0	17
蛋黄 Egg yolk	1 lg	5.1	1.6	218	61
鸭蛋 Duck egg, whole	1	9.6	2.6	619	130
鹌鹑蛋 Quail egg, whole	1	1.0	0.3	76	14

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	份量 AMT	脂肪 (克) FAT (gm)	饱和脂肪 (克) SFA (gm)	胆固醇 (毫克) CHOL (mg)	热量 CAL
鱼类 (煮熟的) Fish (Cooked)					
塘虱 Catfish	3 oz	6.8	1.5	54	129
鳗鱼 (鱈) Eel	3 oz	12.7	2.6	137	201
石斑 Rockcod	3 oz	0.7	0.1	40	89
腩利 Flounder	3 oz	1.3	0.3	58	99
鳌鱼 Haddock	3 oz	0.8	0.1	63	95
左口鱼 Halibut	3 oz	2.5	0.4	35	119
鲱鱼 Herring	3 oz	15.1	3.5	84	213
长石斑 Lingcod	3 oz	1.2	0.2	57	93
鲛鱼 (池鱼) Mackerel	3 oz	8.6	2.4	51	171
草鱼 Perch	3 oz	1.0	0.2	98	99
梭子鱼 Pike	3 oz	0.7	0.1	43	96
* 鱼卵 (鱼子) Roe	1 oz	1.8	0.4	105	39
石头鱼 Rockfish	3 oz	1.7	0.4	37	103
三文鱼 Salmon, Sockeye	3 oz	9.3	1.6	74	184
沙甸鱼 Sardines (canned)	3 oz	10.1	2.6	51	150
鲈鱼 Sea bass	3 oz	2.2	0.6	45	105
* 鲨鱼 Shark	3 oz	3.8	0.8	43	111
红衣 Sheepshead	3 oz	1.4	0.3	54	109
沙追鱼 Smelt	3 oz	2.6	0.5	77	105
红石斑 Snapper	3 oz	1.5	0.3	40	109
剑鱼 Sword fish	3 oz	4.4	1.2	43	132
盲曹 Striped bass	3 oz	2.5	0.6	88	105
鲟龙 Sturgeon	3 oz	4.4	1.0	65	115
鳟鱼 Trout	3 oz	7.2	1.3	63	162
吞拿鱼 Tuna (canned)	3 oz	0.7	0.2	25	162

贝壳类 (煮熟的) Shellfish (Cooked)

* 鲍鱼 Abalone	3 oz	0.6	0.1	72	89
蚶 Clams	3 oz	1.7	0.2	57	126
蟹 Crab	3 oz	1.1	0.1	65	94
墨鱼 Cuttlefish	3 oz	1.2	0.2	190	134
龙虾 Lobster	3 oz	0.5	0.1	61	83
青口 (淡菜) Mussels	3 oz	3.8	0.7	48	148
八爪鱼 Octopus	3 oz	1.8	0.4	82	139
蠔 Oyster	3 oz	4.2	1.2	88	120
* 带子 (干贝) Scallops	3 oz	0.6	0.1	28	75
虾 Shrimp	3 oz	0.9	0.2	166	84
* 鱿鱼 Squid	3 oz	1.2	0.3	198	78
螺 Whelk	3 oz	0.7	0.1	111	234

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果仁种子类 Nuts & Seed					
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
开心果 Pistachios	3 Tb. (1 oz)	13.0	1.6	0	162
黄豆 Soynuts	3 Tb. (1 oz)	6.0	1.0	0	100
核桃 Walnuts	3 Tb. (1 oz)	16.7	1.0	0	175
莲子 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

油脂类 Fats & Oils

牛油 Butter	1 Tb.	11.1	7.2	33	102
猪油 Lard	1 Tb.	12.8	5.0	12	115
鸡油 Chicken fat	1 Tb.	12.8	3.8	11	115
人造牛油 (软) 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
叁文治酱 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
沙律酱 Salad dressing	1 Tb.	5.6	0.8	0	60
椰汁 (椰奶) Coconut milk	1 Tb.	3.0	2.7	0	30
花生酱 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
橄榄油 Olive oil	1 Tb.	13.5	1.8	0	119
棕榈油 Palm oil	1 Tb.	13.6	8.9	0	120
花生油 Peanut oil	1 Tb.	13.5	2.3	0	120
红花子油 Safflower oil	1 Tb.	13.6	1.2	0	120
麻油 Sesame oil	1 Tb.	13.6	1.9	0	120
黄豆油 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

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穀类食品 Grains					
饭 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
曲奇饼 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
麦皮 Oatmeal, cooked	1 c.	2.4	0.4	0	145
意大利粉 Spaghetti, cooked	1 c.	0.9	0.1	0	197
咸饼干 Crackers	5	1.0	0	0	60
乾豆类 Beans					
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
黄豆 (熟) Soybeans, cooked	1/2 c.	7.7	1.1	0	150
豆浆 Soy milk	8 oz	4.6	0.5	0	79
蔬果类 Fruits & Vegetables					
水果 Fruit	1	< 1.0	0	0	60
蔬菜 Vegetable	1 c.	< 1.0	0	0	50
橄榄 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
榴槤 Durian	3 oz	4.5	NA	0	125
牛奶类 Dairy Products					
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	0.4	0.3	4	86
朱古力奶 Chocolate milk, 2% fat	8 oz	5.0	3.1	17	179
低脂酸冻奶 Lowfat yogurt, 1% fat	8 oz	1.8	1.1	20	218
脱脂酸冻奶 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
脱脂淡奶 Evaporated milk, fat free	1 oz (2 Tb)	0.1	0	4	25
炼奶 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