

Fats and What They Offer - Make your fat choices wisely

All values are taken from www.fitday.com

| Food | Avocado | Olive Oil | Sesame Seeds | Raw Tahini | Sunflower Seeds | Almonds | Pecans | Cashews | Walnuts | Macadamia Nuts | Pine Nuts | Almond Butter |
|---------------|-----------|-----------|--------------|------------|-----------------|---------|----------|----------|----------|----------------|-----------|---------------|
| ServingSize | 1 Fruit | 1/4 cup | 1/4 cup | 1 TB | 142 seeds | 10 | 10 | 10 | 10 | 11 | 1/4 cup | 1 TB |
| Calories | 278.53 | 477.36 | 206.28 | 85.5 | 161.6 | 69.36 | 195.9 | 97.98 | 261.6 | 203.55 | 192.44 | 101.28 |
| % Carbs | 6 | 0 | 8 | 12 | 6 | 6 | 2 | 17 | 4 | 3 | 7 | 11 |
| % Protein | 5 | 0 | 13 | 12 | 16 | 15 | 5 | 11 | 9 | 9 | 16 | 9 |
| % Fat | 89 | 100 | 79 | 76 | 78 | 80 | 92 | 73 | 87 | 93 | 77 | 80 |
| Total Fat | 26.50g | 54.00g | 17.88g | 7.20g | 14.05g | 6.08g | 20.40g | 8.20g | 26.08g | 21.48g | 17.24g | 9.46g |
| Saturated Fat | 4.22g | 7.29g | 2.50g | 1.01g | 1.47g | 0.47g | 1.75g | 1.62g | 2.45g | 3.42g | 2.65g | 0.90g |
| Polyunsat Fat | 3.38g | 4.54g | 7.84g | 3.16g | 9.28g | 1.47g | 6.12g | 1.39g | 18.87g | 0.43g | 7.26g | 1.98g |
| Monounsat Fat | 16.62g | 39.80g | 6.75g | 2.72g | 2.68g | 3.86g | 11.56g | 4.83g | 3.57g | 16.69g | 6.49g | 6.14g |
| Cholesterol | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg | 0.00mg |
| Sodium | 17.30mg | 0.02mg | 3.96mg | 11.10mg | 0.85mg | 0.12mg | 0.00mg | 106.48mg | 0.80mg | 1.42mg | 1.36mg | 72.00mg |
| Potassium | 1036.30mg | 0.00mg | 168.48mg | 62.10mg | 193.33mg | 87.36mg | 116.24mg | 90.15mg | 176.40mg | 104.33mg | 203.66mg | 121.28mg |
| Tot Carbs | 12.78g | 0.00g | 8.44g | 3.93g | 5.32g | 2.37g | 3.93g | 4.85g | 4.56g | 3.92g | 4.83g | 3.40g |
| Fiber | 8.56g | 0.00g | 4.25g | 1.40g | 2.98g | 1.42g | 2.72g | 0.65g | 2.68g | 2.44g | 1.53g | 0.59g |
| Protein | 3.43g | 0.00g | 6.38g | 2.67g | 6.46g | 2.55g | 2.60g | 2.75g | 6.09g | 2.24g | 8.16g | 2.41g |
| Vit A | 21% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| Calcium | 2% | 0% | 35% | 6% | 3% | 3% | 2% | 1% | 4% | 2% | 1% | 4% |
| Vit D | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| Thiamen | 9% | 0% | 14% | 10% | 32% | 1% | 9% | 4% | 7% | 17% | 14% | 1% |
| Niacen | 17% | 0% | 8% | 4% | 6% | 2% | 2% | 2% | 4% | 4% | 6% | 2% |
| B6 | 24% | 0% | 14% | 1% | 11% | 1% | 3% | 2% | 11% | 4% | 2% | 1% |
| Phosphorous | 7% | 0% | 23% | 11% | 20% | 6% | 8% | 7% | 14% | 5% | 17% | 8% |
| Zinc | 5% | 0% | 19% | 5% | 10% | 3% | 9% | 5% | 8% | 2% | 10% | 3% |
| Vit C | 23% | 0% | 0% | 0% | 1% | 0% | 1% | 0% | 1% | 1% | 1% | 0% |
| Iron | 10% | 1% | 29% | 2% | 11% | 3% | 4% | 4% | 6% | 6% | 17% | 3% |
| Vit E | 5% | 15% | 2% | 0% | 32% | 7% | 2% | 1% | 3% | 0% | 3% | 7% |
| Riboflavin | 11% | 0% | 4% | 4% | 4% | 5% | 2% | 1% | 3% | 2% | 3% | 5% |
| Folate | 27% | 0% | 9% | 4% | 16% | 1% | 2% | 3% | 10% | 1% | 5% | 3% |
| Magnisium | 17% | 0% | 32% | 4% | 25% | 8% | 9% | 11% | 16% | 9% | 20% | 12% |
| Copper | 23% | 0% | 73% | 12% | 25% | 7% | 17% | 18% | 32% | 11% | 17% | 17% |