

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", 18th Edition, 2003.

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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
牛肉類 (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
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 AMT	脂肪(克) FAT (gm)	飽和脂肪(克) SFA (gm)	膽固醇(毫克) CHOL (mg)	熱量 CAL
羊肉類 (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

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
魚類 (煮熟的) Fish (Cooked)					
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

貝殼類 (煮熟的) Shellfish (Cooked)

* 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
果仁種子類 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
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

油脂類 Fats & Oils

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
穀類食品 Grains					
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
乾豆類 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
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
蔬果類 Fruits & Vegetables					
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
牛奶類 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	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