

THE
DICTIONARY OF
**SODIUM,
FATS, AND
CHOLESTEROL**

Second Edition



一九一九年三月十六日

THE DICTIONARY OF SODIUM, FATS, AND CHOLESTEROL

Second Edition
BY BARBARA KRAUS



重医附一院

00163159

A PERIGEE BOOK

In memory of Mary V. Reilly

Perigee Books
are published by
The Putnam Publishing Group
200 Madison Avenue
New York, NY 10016

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Published simultaneously in Canada

Library of Congress Cataloging-in-Publication Data

Kraus, Barbara.

The dictionary of sodium, fats, and cholesterol / by Barbara
Kraus.—2nd ed.

p. cm.

"A Perigee book."

Includes bibliographical references.

1. Food—Sodium content—Tables. 2. Food—Cholesterol content—
Tables. 3. Food—Fat content—Tables. I. Title.

TX553.S65K7425 1990

89-35280 CIP

641.1'021—dc20

ISBN 0-399-51572-0

Printed in the United States of America

1 2 3 4 5 6 7 8 9 10

This book is printed on acid-free paper.



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INTRODUCTION

This dictionary lists the total fat, saturated and unsaturated fatty acids, cholesterol, and sodium content of several thousand food items. These nutrients have been receiving increasing attention by nutritionists and the medical profession because of their possible relationship to atherosclerosis (coronary heart disease). Of course, diet is not the only factor to be considered in heart disease. Other considerations are heredity, obesity, high blood pressure, blood cholesterol, blood lipids, cigarette smoking, lack of exercise, stress, and certain ailments such as diabetes.

Patients with coronary disease and high blood pressure are often placed on diets in which one or more of these nutrients is controlled. Since physicians now believe that the conditions leading to early heart attacks are the result of a lifetime of habits that predispose individuals to such attacks, they recommend that certain changes in dietary patterns be made also in early childhood.

Total Fat

The caloric intake from fat is often as much as 45 to 50 percent of the American diet. In the past 25 years, the consumption of fats and oils alone has increased, on the average, about 20 percent. In the same period, Americans have consumed over 18 percent more meat, which is also high in fat content. It is now frequently recommended that only about one-third of the calories be from fat, and of this amount, about two-thirds should be from polyunsaturated and monounsaturated fatty acids, amounting to approximately 10 to 15 percent of the diet.

Some fat in the diet is essential. It is used in the body to supply energy, yielding about nine calories per gram, more than twice as much as either protein or carbohydrate (the other energy-yielding nutrients in foods), which each supply about four calories per gram. Fat is also important in supplying essential fatty acids (those that cannot be synthesized by the body) and in the supply and utilization of fat soluble vitamins A, D, E, and K. Fat adds flavor and satiety value to otherwise bulky and bland diets.

Fatty Acids

Fats are composed of "saturated" and "unsaturated" fatty acids. In scientific terms, they are saturated if the carbon atoms contain all the hydrogen they can hold. If there is one double bond where hydrogen can be added, the fat is monounsaturated; if there are two or more, the fat is polyunsaturated. In layman's terms: if the fat is solid at room temperature it is saturated, if liquid, it is unsaturated. This is a very rough rule

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of thumb and there are exceptions to it. Most foods contain both kinds of fat in varying proportions. Oils from plant foods and fish contain the most abundant amounts of polyunsaturated fats. Coconut oil is an exception. It is high in saturated fatty acids and is solid at room temperature.

Meats, cheeses, eggs, and most animal products are high in saturated fatty acids. The listings in this book showing the values for unsaturated fatty acids include both mono and polyunsaturated fats. At this time, the available information for many foods is not adequate to give a breakdown between these two forms. New federal requirements for labeling commercial products will result in more complete information in the future, and later editions of this book will incorporate such values.

Since the values for saturated and unsaturated fats are rounded to the nearest whole number they may add up to more or less than the figure given for total fat. In many cases, the values for unsaturated fat were derived by the subtraction of the saturated from the total fats. In a very few cases, manufacturers reported analyzed saturated and unsaturated fats which did not add up to the total fat shown, because the undetermined fatty acids were, in their opinion, not present in significant amounts.

Cholesterol

Cholesterol is one of the complex compounds known as sterols. It is an essential nutrient in normal metabolic processes and is synthesized in the body. It is also present in many foods of animal origin that we consume. Plant foods do not contain cholesterol in any significant amounts. Foods such as chocolate, cocoa, olive oil, coconut butter, and peanut butter are devoid of it since they are plant products.

Animal products are generally high in cholesterol. Organ and glandular meats such as brains, kidney, liver, sweetbreads, and heart are especially high in cholesterol. Egg yolk contains high concentrations of cholesterol, but it is absent in the white.

Cholesterol occurs in both the lean portions and the fatty portions of meat; the removal of fatty tissue if replaced by an equal amount of lean does not reduce the cholesterol intake. This is unlike the effect on the amount of fatty acids and must be taken into account in planning low cholesterol diets.

Sodium

Sodium is an essential element in the growth of animals. It occurs naturally in many foods but the principle source in diets is sodium chloride or ordinary table salt. Salt is used in the processing of many foods in freezing, canning, and other manufacturing methods. It is also added in the home in cooking and at the table.

For some people, the use of salt is excessive and low-sodium diets are prescribed by physicians. Low-sodium diets are used in the treatment of diseases such as cardiac failure, edema formation, and high blood pressure.

Summary

Always keep in mind that in making any drastic changes in dietary habits the advice and guidance of a competent physician should be sought. It is an essential of good

health that the diet contain all the nutrients required by the individual and in adequate amounts. Reductions or increases in one or more of the essential nutrients may bring about adverse effects.

The tables given here are intended to provide basic information to help plan a varied and attractive diet within broad guidelines that are nutritionally adequate when one or more of the nutrients must be controlled.

ARRANGEMENT OF THIS BOOK

Foods are listed alphabetically by brand name or by the name of the food. The singular form is used for the entries, that is, blackberry instead of blackberries. Most items are listed individually although a few are grouped (see p. 11). For example, all candies are listed together so that if you are looking for *Mars* bar, you look first under Candy, then under *M* in alphabetical order. But, if you are looking for a breakfast food such as Oatmeal, you will find it under *O* in the main alphabet. Many cross references are included to assist you in finding items known by different names.

Under the main headings, it was often not possible nor even desirable to follow an alphabetical arrangement. For basic foods, such as apricots, the first entries are for the fresh product weighed with seeds as it is purchased in the store, then the fruit in small portions as they may be eaten or measured. These entries are followed by the processed products, canned (although it may actually be a bottle or a jar), dehydrated, dried, and frozen items. This basic plan, with adaptations where necessary, was followed for fruits, vegetables, and meats.

In almost all entries, where data were available, the U.S. Department of Agriculture figures are shown first. The Department values represent averages from several manufacturers and are shown for comparison with the values from individual companies or for use where particular brands are not available.

All brand-name products have been italicized and company names appear in parentheses.

Portions Used

The portion column is a most important one to read and note. Common household measures are used wherever possible. For some items, the amounts given are those commonly purchased in the store, such as one pound of meat, or a 15-ounce package of cake mix. These quantities can be divided into the number of servings used in the home and the nutritive values in each portion can then be readily determined. Any ingredients added in preparing such products must also be taken into account.

The smaller portions given are for foods as served or measured in moderate amounts, such as one-half cup of reconstituted juice, or four ounces of meat. Be sure to adjust the amount of the nutrients to the actual portions you use. For example, if you serve one cup of juice instead of one-half cup, multiply the amount of the nutrients shown for the smaller amount by two.

The size of portions you use is extremely important in controlling the intake of any nutrient. The amount of a nutrient is directly related to the weight of the food served. The weight of a volumetric measure, such as a cup or a pint may vary considerably depending on many factors; four ounces by weight may be very different from

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one-half cup or four fluid ounces. Ounces in the tables are always ounces by weight unless specified as fluid ounces, fractions of a cup, or other volumetric measure. Foods that are fluffy in texture such as flaked coconut and bean sprouts vary greatly in weight per cup, depending on how tightly they are packed. Such foods as canned green beans also vary when measured with and without liquid; for instance, canned beans with liquid weigh 4.2 ounces for one-half cup, but drained beans weigh 2.5 ounces for the same half cup. Check the weights of your serving portions regularly. Bear in mind that you can reduce or increase the intake of any nutrient by changing the serving size.

It was impossible to convert all the portions to a uniform basis. Some sources were able to report data only in terms of weights with no information on cup or other volumetric measures. We have shown small portions in quantities that might reasonably be expected to be served or measured in the home or institution.

You will find in the portion column the phrases "weighed with bone," and "weighed with skin and seeds." These descriptions apply to the products as you purchase them in the markets, but the nutritive values as shown are for the amount of edible food after you discard the bone, skin, seed, or other inedible part. The weight given in the "measure" or "quantity" column is to the nearest gram or fraction of an ounce.

Data on the composition of foods are constantly changing for many reasons. Better sampling and analytical methods, improvements in marketing procedures, and changes in formulas of mixed products may alter values for all of the nutrients. Weights of packaged foods are frequently changed. It is essential to read label information in order to be knowledgeable about these matters and to make intelligent use of food tables.

Other Nutrients

These tables are not intended as a dietary guide. Any drastic change from a normal mixed diet should be undertaken only under the guidance of a qualified physician. Do not forget that other nutrients—protein, carbohydrate, minerals, and vitamins—are extremely important in diet planning. From a nutritional viewpoint, perhaps the best advice that can be given is to eat a varied diet with all classes of food represented. Meat, fish, chicken, fats and oils, milk, vegetables, fruits, and grain products are all important sources of essential nutrients and some foods from each of these classes should be included in the diet every day.

If your doctor has recommended the control of one or more of the nutrients shown in these tables, you can choose foods from this book under the doctor's guidance that will fit his specifications and will provide a varied selection of products that are acceptable. Control of certain nutrients such as cholesterol or sodium does not condemn you to a monotonous diet. There is a rich and varied assortment of foods in our markets that will meet any medical requirements. Choose wisely and eat well.

Sources of Data

Values in this dictionary are based on publications issued by the U.S. Department of Agriculture and on data submitted by manufacturers and processors. The U.S.

Department of Agriculture issues basic tables on food composition for use in the United States. The commercial products from U.S.D.A. publications represent average values obtained on products of more than one company. The figures designated as "home recipe" are based on recipes on file with the Department of Agriculture. Data on commercial products listed by brand name in this publication are based on values supplied by manufacturers and processors for their own individual products. Supermarket brand names, such as the A & P's *Ann Page*, or private labels could not be included in this book inasmuch as they are not usually analyzed under these trade names. Every care has been taken to interpret the data and the descriptions supplied by the companies as fully and as accurately as possible. Many values have been recalculated to different portions from those submitted, in order to bring about greater uniformity among similar items.

Analysis of foods to provide information on nutritive values are extremely expensive to conduct. Many small companies cannot afford to have their products analyzed and were unable to provide data or were able to provide only a portion of the data requested. Other companies have simply never gotten around to having the analyses done. New requirements for labeling nutritive values for products may provide information on additional items in the future. Wherever data were unavailable blank spaces were left which may be filled in by the reader at a later time.

Foods Listed by Groups

Foods in the following classes are reported together rather than as individual items in the main alphabet: baby food, bread, cake, cake icing, cake icing mix, cake mix, candy, cheese, cookies, cookie mix, crackers, gravy, pie, pudding & pie filling, salad dressing, sauce, soft drink, and soup.

BARBARA KRAUS

ABBREVIATIONS AND SYMBOLS

(USDA) = United States Department
of Agriculture
* = prepared as packaging directs¹
< = less than
> = more than
& = and
" = inch
+ = values do not include amount
of sodium found in the local
water used in packaging
canned = bottles or jars as well as cans
dia. = diameter
DNA = data not available
fl. = fluid
liq. = liquid

lb. = pound
med. = medium
oz. = ounce
pkg. = package
pt. = pint
qt. = quart
sq. = square
T. = tablespoon
Tr. = trace
tsp. = teaspoon
wt. = weight
mg. = milligram
gr. = gram

Italics or name in parentheses = registered trademark, ®.

Where zero in parenthesis appears in the tabular column it means that (0) zero is imputed by author wherever there is a reasonable assumption that that nutrient is not present.

EQUIVALENTS

By Weight

1 pound = 16 ounces
1 ounce = 28.35 grams
3.52 ounces = 100 grams
1 milligram = .001 gram

By Volume

1 quart = 4 cups
1 cup = 8 fluid ounces
1 cup = 1/2 pint
1 cup = 16 tablespoons
2 tablespoons = 1 fluid ounce
1 tablespoon = 3 teaspoons
1 pound butter = 4 sticks or 2 cups

¹If the package directions call for whole or skim milk, the data given here are for whole milk, unless otherwise stated.