Weekly saturated fat food diary

Write what you eat and the saturated fat in each meal (from the label, per portion), then total each day.

Heart Tracker
hearttracker.app

Week starting: _____ My daily limit: _____ g Next blood test: _____

Day	Breakfast food · g sat fat	Lunch food · g sat fat	Dinner food · g sat fat	Snacks & drinks food · g sat fat	Day total g sat fat
Mon	g	g	g	g	g
Tue	g	g	g	g	g
Wed	g	g	g	g	g
Thu	g	g	g	g	g
Fri	g	g	g	g	g
Sat	g	g	g	g	g
Sun	g	g	g	g	g

Saturated fat in common foods

FOOD	PORTION	SAT FAT
Butter	1 tbsp (14 g)	7.2 g
Cheddar cheese	30 g	5.7 g
Whole milk	1 cup (244 g)	4.6 g
Beef mince (80% lean), cooked	100 g	6.8 g
Bacon, cooked	2 rashers (16 g)	2.3 g
Egg, hard-boiled	1 large (50 g)	1.6 g
Chicken breast, skinless, roasted	100 g	1.0 g
Salmon (farmed), cooked	100 g	2.4 g
Olive oil	1 tbsp (14 g)	1.9 g
Almonds	30 g	1.1 g
Porridge oats, dry	40 g	0.4 g

Approximate figures from USDA FoodData Central. Use the label for packaged food.

Your daily limit

AHA: under 6% of calories, about 13 g a day on 2,000 calories.

NHS: no more than 30 g a day for men, 20 g for women.

Work out your own: hearttracker.app/tools/saturated-fat-calculator

Reading labels

UK labels: "high" is over 5 g saturates per 100 g; "low" is 1.5 g or less. US labels: 20% Daily Value or more is high, 5% or less is low.

General information, not medical advice. If you have a medical condition or take medicines, check with your doctor or a dietitian before big changes to your diet.

Skip the maths: **Heart Tracker** adds up saturated fat as you log
Scan to get the free app.
hearttracker.app