

# Quick Fats Sheet

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FOOD	FATS
<b>Extra Virgin Olive Oil</b>	
1 tablespoon	14
1 teaspoon	4.5
<b>Coconut Oil</b>	
1 tablespoon	14
1 teaspoon	4.5
<b>Sunflower Oil</b>	
1 tablespoon	14g
1 teaspoon	4.5
<b>Real Butter**</b>	
1 tablespoon	12
1 pat (5g)	4.1
<b>Almonds, RAW</b>	
1 each	0.8
<b>Pistachios, RAW</b>	
1 nut	0.3
<b>Macadamia, RAW</b>	
1 gram weighed	0.8
<b>Cashew, RAW</b>	
1 gram weighed	0.4
<b>Pecan, RAW</b>	
1 gram weighed	0.7
<b>Walnut, RAW</b>	
1 gram weighed	0.7
Olive, Green/Black	
1 olive (16g)	1.8
Avocado	
1 gram weighed	0.2

\*\* Butter MUST be whole, real butter. No country crock, I can't believe its not butter, or anything where the label says vegetable oil. Must be pure butter and preferably unsalted. Kerrygold is a great brand of butter.