

# Food Sources of Energy

Pork leaf fat	Beef suet	Pork back fat	Caribou bone marrow
Cured salt pork	Lamb subcutaneous fat	Cheese quesadilla	Beef subcutaneous fat
Beef separable fat	Lamb separable fat	Pork jowl	Lamb intermuscular fat
Beef external fat	Veal separable fat	Pork separable fat	Chicken separable fat
Beef seam fat	Beef intermuscular fat	Sausage sandwich	Pork belly
Coconut milk	Cheeseburger	Chicken sandwich	Hamburger
Fish sandwich	Lamb external fat	Cheese enchilada	Pilaf made from grains
Pecan pie	Skin and subcutaneous fat of bowhead whale	Hot dog	Lamb seam fat
Club sandwich	Veal seam fat	Chocolate cake with chocolate frosting	Chicken skin
Toaster pastries	Ham sandwich	Yellow cake with chocolate frosting	Guava pastries
Breaded fried chicken	Beef empanadas	Lingcod liver	Pepperoni pizza
Fried mozzarella	Chicken fingers or strips	Veal external fat	Onion rings
Meat- or cheese-filled turnover	Chicken nuggets	Chocolate mousse	Chocolate-covered ice cream cone with nuts
Sausage pizza	Breaded fried shrimp	Turkey skin	Taco with beef and cheese
Beef small end rib steak/roast (marble score 9)	White cake with coconut frosting	Duck meat and skin	Chocolate cream pie
Bacon and cheese sandwich	Nachos with beef and cheese	Cheese pizza	Fried green plantains
Bacon and egg sandwich	Beef top loin steak/roast (marble score 9)	Beef short ribs (lean and fat)	Pulled pork
Burrito	Pork tail	Pork carcass (lean and fat)	General Tso's chicken
Quesadilla with chicken	Chicken parmigiana	Ice cream with chocolate sauce and caramel pieces	Baked apple pie
Cheesecake			