

# Food Sources of Fat

Beef suet	Caribou bone marrow	Cured salt pork	Pork jowl	Coconut milk	Whale (skin and subcutaneous fat)
Cheese quesadilla	Poultry skin	Lingcod liver	Domesticated duck (meat and skin)	Pork carcass (lean and fat)	Lamb flap
Lamb rib (lean and fat)	Domesticated goose (meat and skin)	Pork tail	Beef ribs (lean and fat)	Sandwich	Beef brisket navel end (lean and fat)
Cheese enchilada	Caribou eye	Chocolate mousse	Fried chicken (meat and skin)	Beef top loin steak/roast (marble score 9)	Chicken nuggets
Beef sweetbread	Animal and plant fats	Animal and plant oils	Shortening	Pesto sauce	Butter
Meat drippings	Lamb loin (lean and fat)	Mechanically separated pork	Cheesecake	Fried shrimp	Chocolate crème pie
Chocolate-covered ice cream cone	Onion rings (breaded and fried)	Pecan pie	Mechanically deboned poultry	Beef top loin steak/roast (marble score 4/5)	Walrus (meat and subcutaneous fat)
Beef carcass (lean and fat)	Fried mozzarella	Pork spareribs (lean and fat)	Squab (meat and skin)	Pizza	Mechanically separated lamb
Mechanically separated beef	Nachos	Beef empanadas	Whale eye	Caribou tongue	Chocolate cake (prepared with chocolate frosting)
Liqueur coffee with cream	Beef brisket flat half (trimmed to 1/8" fat)	Lamb sirloin half (lean and fat)	Bacon and beef sticks	Beef brisket point half (lean and fat)	Margarine (high fat type)
Margarine-like spread (high fat type)	Pork shoulder blade roll	Corned beef hash	Goose liver pate	Beef tenderloin steak/roast (lean and fat)	Whale flipper
Pili nuts	Regular mayonnaise	Beef chuck blade roast (lean and fat)	Chicken strips	Guava pastries	Ice cream (rich)
Chicken pot pie	Pork sausage	General Tso's chicken	Macadamia nuts	Pecans	Lamb shoulder (lean and fat)
Beef thymus	Yellow cake (prepared with chocolate frosting)	Coconut crème pie	Sweet and sour pork	Beef striploin (lean and fat)	Beef tongue
Beef lip-on ribeye (lean and fat)	Summer sausage (pork and beef with cheddar cheese)	Dried coconut meat (creamed)	Pine nuts	Lamb tongue	Beef pancreas
Beef arm pot roast (trimmed to 1/8" fat)	Pork shoulder (lean and fat)	Italian pork salami	Beef outside skirt (lean and fat)	Brazil nuts	Fried pies
Lamb neck chops (lean and fat)	Walnuts	French toast sticks			