



BRIGHAM AND  
WOMEN'S HOSPITAL

## INFLAMMATION, DIET, AND HEART DISEASE

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### **Trans Fat Content of Foods Produced or Prepared with partially hydrogenated vegetable oils in the US.**

<b>Fast or frozen foods</b>	<b>g/serving</b>
<u>French fries</u>	<u>4.7-6.1</u>
<u>Breaded fish burger</u>	<u>5.6</u>
<u>Breaded chicken nuggets</u>	<u>5.0</u>
<u>French fries, frozen</u>	<u>2.8</u>

<b>Packaged snacks</b>	
<u>Tortilla (corn) chips</u>	<u>1.6</u>
<u>Popcorn, microwave</u>	<u>1.2</u>
<u>Granola bar</u>	<u>1.0</u>

<b>Bakery Products</b>	<b>g/serving</b>
<u>Pie</u>	<u>3.9</u>
<u>Danish or sweet roll</u>	<u>3.3</u>
<u>Doughnuts</u>	<u>2.7</u>
<u>Cookies</u>	<u>1.8</u>
<u>Cake</u>	<u>1.7</u>
<u>Brownie</u>	<u>1.0</u>
<u>Muffin</u>	<u>0.7</u>

**Vegetable shortening** 2.7

Adapted from: Mozaffarian et al, NEJM  
354:15, 2006

## Saturated Fat Content of Selected Foods

Food 3 oz cooked, unless otherwise noted	Saturated Fat (grams)	Food	Saturated Fat (grams)
<b><u>MEATS</u></b>		<b><u>DAIRY AND EGG FOODS</u></b>	
<b><i>Beef</i></b>		<b><i>Milk, 1 cup</i></b>	
<u>Eye round, roasted</u>	<u>2.9</u>	<u>Skim milk</u>	<u>0.3</u>
<u>Ground beef (extra lean, broiled)</u>	<u>6.2</u>	<u>Low-fat milk, 1%</u>	<u>1.6</u>
<u>Ground beef (regular, broiled medium)</u>	<u>7.8</u>	<u>Low-fat milk, 2%</u>	<u>2.9</u>
<u>Short loin T-bone steak (broiled, ¼" trim)</u>	<u>8.6</u>	<u>Whole milk</u>	<u>5.1</u>
<u>Flank steak, braised</u>	<u>6.7</u>		
<u>Sausage (smoked beef &amp; pork) 1 link</u>	<u>6.4</u>	<b><i>Yogurt and sour cream (1 cup unless otherwise noted)</i></b>	
<u>Meal loaf</u>	<u>4.6</u>	<u>Plain yogurt, non-fat</u>	<u>0.3</u>
<b><i>Lamb</i></b>		<u>Yogurt, fruited, low-fat</u>	<u>1.6</u>
<u>Shoulder, arm braised</u>	<u>7.9</u>	<u>Plain yogurt, whole milk</u>	<u>4.8</u>
<u>Rib, roasted</u>	<u>10.0</u>	<u>Sour cream, 2 Tbsp</u>	<u>3.1</u>
<b><i>Pork</i></b>		<b><i>Cheese (1 oz, unless otherwise noted)</i></b>	
<u>Canadian-style bacon, grilled (about 2 slices)</u>	<u>1.6</u>	<u>Parmesan, grated, 1 Tbsp</u>	<u>1.0</u>
<u>Ham (cured, boneless, regular, roasted)</u>	<u>3.0</u>	<u>Reduced fat and low sodium cheese (American, cheddar, colby, monterey jack, muenster, provolone, string cheese)</u>	<u>3.1</u>
<u>Loin, tenderloin, roasted</u>	<u>2.2</u>	<u>Ricotta, part skim, ½ c.</u>	<u>3.1</u>
		<u>Cream cheese, light, 2 Tbsp</u>	<u>3.5</u>
<b><i>Chicken</i></b>		<u>Mozzarella</u>	<u>3.7</u>
<u>Breast, without skin</u>	<u>1.2</u>	<u>Feta</u>	<u>4.2</u>
<u>Thigh, without skin</u>	<u>2.9</u>	<u>Brie</u>	<u>4.9</u>
		<u>Ricotta, whole milk, ¼ c.</u>	<u>5.2</u>
<b><i>Turkey</i></b>		<u>Monterey jack</u>	<u>5.5</u>
<u>Breast, without skin</u>	<u>0.3</u>	<u>American processed cheese, pasteurized</u>	<u>5.6</u>
<u>Processed lunch meat, lean turkey breast</u>	<u>0.6</u>	<u>Cheddar</u>	<u>6.0</u>
		<u>Cream cheese, 2 Tbsp</u>	<u>6.4</u>
<b><u>FISH AND SHELLFISH</u></b>		<u>Cottage cheese, low-fat (1%)</u>	<u>3.2</u>
<b><i>Finfish</i></b>		<u>Farmer cheese, soft, ¼ c.</u>	<u>1.4</u>
<u>Cod, dry heat</u>	<u>0.1</u>	<u>Provolone</u>	<u>4.4</u>
<u>Haddock, dry heat</u>	<u>0.1</u>		
<u>Snapper, dry heat</u>	<u>0.3</u>	<b><i>Fats and Oils (1 Tbsp)</i></b>	
<u>Flounder/sole, dry heat</u>	<u>0.3</u>	<u>Canola oil</u>	<u>1.0</u>
<u>Halibut, dry heat</u>	<u>0.4</u>	<u>Safflower oil</u>	<u>1.2</u>
<u>Sardines (canned in oil, drained)</u>	<u>1.3</u>	<u>Olive oil</u>	<u>1.9</u>
<u>Mackerel, dry heat</u>	<u>3.6</u>	<u>Margarine, stick</u>	<u>2.2</u>
<u>Atlantic salmon, dry heat</u>	<u>1.1</u>	<u>Margarine, soft tub</u>	<u>1.9</u>
		<u>Soybean oil</u>	<u>2.0</u>
<b><i>Shellfish</i></b>		<u>Beef tallow</u>	<u>6.7</u>
<u>Scallops, dry heat</u>	<u>0.1</u>	<u>Butter</u>	<u>6.8</u>
<u>Northern lobster</u>	<u>0.1</u>		
<u>Shrimp</u>	<u>0.2</u>	<b><i>Frozen Dessert (1/2 cup unless otherwise noted)</i></b>	
<u>Mussels</u>	<u>0.7</u>	<u>Ice cream, vanilla, regular</u>	<u>4.5</u>
<u>Squid, fried</u>	<u>1.6</u>	<u>Ice cream, French vanilla, soft-serve</u>	<u>6.4</u>
		<u>Ice cream, vanilla rich, 16% fat</u>	<u>7.4</u>
		<u>Ice cream, chocolate, premium, 23% fat</u>	<u>9.1</u>

Source: "Eating to Lower Your High Blood Cholesterol," American Heart Association with National Heart Lung and Blood Institute

## **Refined Carbohydrates: Pro-Inflammatory**

White bread, white rice, white potatoes  
Sugar-sweetened beverages  
Cake, pie, cookies, bagels, muffins  
Sugar-sweetened cereals  
Candy, jelly, sugar  
Refined crackers, rice cakes, and other savory snacks

## **Omega-3 Fatty Acids: Anti-Inflammatory**

### **Omega-3's – Fish**

**Serving size: 3.5 oz.**

<b>Fish</b>	<b>EPA + DHA (mg)</b>
<u>Anchovy</u>	<u>2055</u>
<u>Halibut</u>	<u>465</u>
<u>Herring, Atlantic</u>	<u>2014</u>
<u>Mackerel, Atlantic</u>	<u>1203</u>
<u>Salmon, farmed</u>	<u>2648</u>
<u>Salmon, wild</u>	<u>1043</u>
<u>Sardines</u>	<u>982</u>

Source: JAMA, Vol 296, 2006

### **Omega-3's – Plant-based**

**Serving size: 1 Tbsp**

<b>Source</b>	<b>ALA (mg)</b>
<u>Flaxseed oil</u>	<u>7250</u>
<u>Walnuts, English</u>	<u>2575</u>
<u>Flaxseeds</u>	<u>2350</u>
<u>Walnut oil</u>	<u>1414</u>
<u>Rapeseed oil</u>	<u>1300</u>
<u>Soybean oil</u>	<u>1231</u>
<u>Walnuts, black</u>	<u>156</u>
<u>Olive oil</u>	<u>103</u>
<u>Pumpkin seeds</u>	<u>51</u>

Source: Am J Clin Nutr 2006;83  
(suppl):1526S-35S

If you don't eat fish, you can eat a food rich in ALA and the body will convert it to EPA/DHA. Note that it takes more ALA to make EPA/DHA.

Read the ingredients when buying foods with added Omega-3 fatty acids. Many of these new foods have added flax oil, a source of ALA, rather than EPA/DHA.