MORE FAT VS LESS FAT

PREPARATION STYLE

Chicken, breaded with skin, fried in oil
- Total fat: 18 g
- Saturated fat: 3 g

Chicken, boneless, (med. breast) skinless, baked
- Total fat: 1 g
- Saturated fat: 0 g

Eggplant batter-dipped, fried
- Total fat: 24 g
- Saturated fat: 4 g

Eggplant (1 cup) cooked, no salt or fat added
- Total fat: 0 g
- Saturated fat: 0 g

FOOD ALTERNATIVES

Mayo, regular
- (1 tablespoon)
- Fat: 11 g
- Saturated fat: 2 g

Greek yogurt (1 tablespoon) fat free
- Fat: 0 g

Egg, fried, with yolk
- (1 large)
- Fat: 5 g
- Saturated fat: 2 g

Egg white (1 large)
- Fat: 0 g

BAKING INGREDIENT SUBSTITUTIONS

Butter
- (1 tablespoon)
- Fat: 12 g
- Saturated fat: 7 g

Avocado (1 tablespoon)
- Fat: 0.25 g

Vegetable oil
- (1 tablespoon)
- Fat: 14 g
- Saturated fat: 1 g

Unsweetened applesauce (1 tablespoon)
- Fat: 0 g
- Saturated fat: 0 g