
SATURATED FAT GOALS

One way to lower your LDL (“bad”) cholesterol level is to make sure your intake of saturated fat accounts for less than 7% of your total calorie intake.

CALORIE LEVEL	GRAMS OF SATURATED FAT EQUAL TO < 7% OF TOTAL CALORIES
1,200	9
1,400	10
1,600	12
1,800	13
2,000	15
2,200	17
2,400	18

Diabetes Self-Management, “Lifestyle Habits For Lipid Management” by Heidi Mochari, MPH, RD

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