



bacon

Foods High in fat



beef (ground)



butter

Foods High in fat



cheese (full fat)



cream cheese (full fat)

Foods High in fat



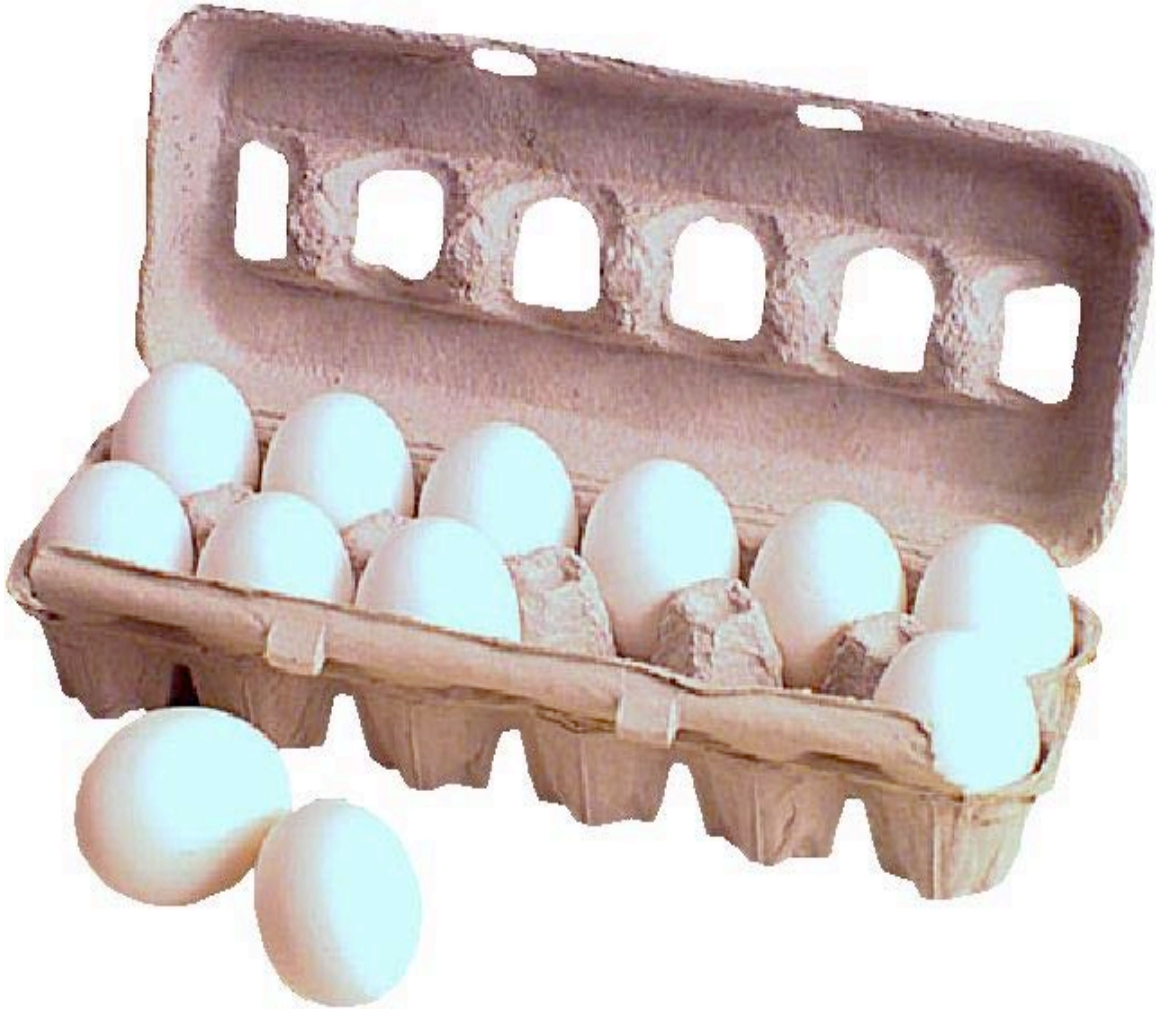
chicken (fried)



cottage cheese (full fat)



creamed soup



eggs



heavy cream



ice cream (full fat)



lard



mayonnaise (full fat)

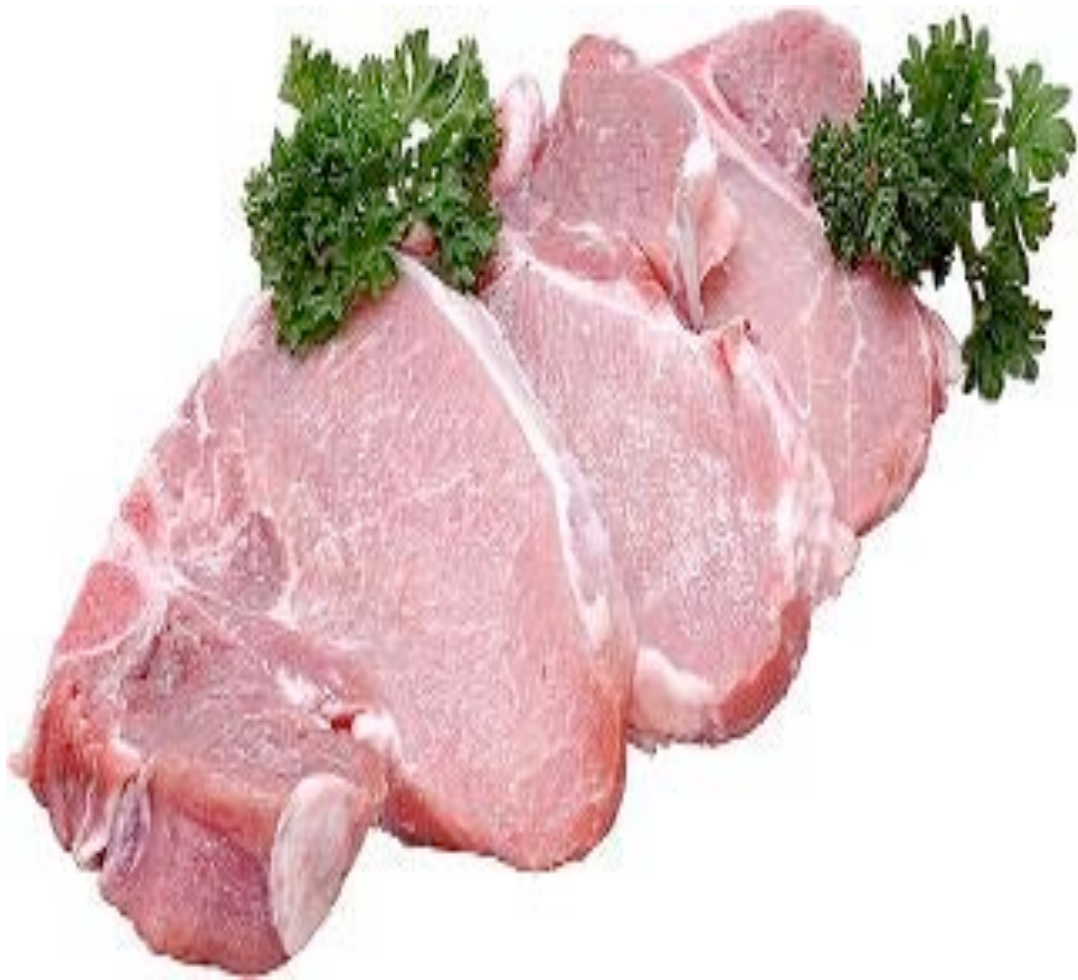
Foods High in fat



full fat milk (whole milk)



margarine



pork



sour cream (full fat)



Tuna
In Oil

tuna in oil



vegetable oil

Foods High in fat



whipping cream



yogurt (whole milk, full fat)