

Fat Ranking (1-100% fat content) of Green-listed foods (less than 5g carbs)

Category	Item, 100g	Fat Ranking	% Fat	Macronutrients per 100g			Comment
				Fat g	Carbs g	Protein g	
oil	Extra virgin Olive Oil	1	100%	100	0	0	Make sure it is real 100% olive oil
oil	Coconut Oil	1	100%	100	0	0	
dairy	Butter	2	81%	81	0.06	0.85	
nuts	Nuts, macadamia nuts, raw	3	76%	75.8	5.2	7.9	
nuts	Nuts, pecans	4	72%	72	4.3	9.2	
Meat	Pork belly	5	53%	53	0	9.3	
dairy	Mascarpone Cheese	6	44%	44.4	5	2.8	
dairy	Cheddar cheese	7	34%	33.8	1.3	24	
meat	Salami pork	7	34%	33.7	1.6	22.6	
dairy	Cream	8	33%	32.9	3	2.2	
meat	Salami Beef	9	32%	31.7	0.7	21.1	
meat	Beef sausage	10	28%	28	0.4	18.2	Avoid those with carb fillers or MSG
dairy	Parmesan cheese	11	26%	26	3.2	36	
meat	Bacon streaky	12	25%	25.1	0	13.7	Yellow fat is better than white fat
meat	Pork sausage	12	25%	24.8	0.9	15.4	Avoid those with carb fillers or MSG
meat	Lamb loin chops	13	24%	24	0	16.3	Pick the ones with good fat
meat	Pork ribs	14	23%	23.4	0	15.5	
meat	Droë wors / Dried sausage	15	21%	20.6	1.1	44	South African delicacy
meat	Beef, fillet steak	16	18%	17.9	0	19.8	
meat	Bacon, Back	17	16%	16.1	0	16.1	
veg	Queen olives (large green)	18	15%	15.3	0.5	1	
veg	Avocado	18	15%	15	1.8	2	Loads of health benefits
fish	Sardines in olive oil	19	14%	14	0	23	Good source of Omega 3
fish	Fish, mackerel	19	14%	13.9	0	18.6	Good source of Omega 3
poultry	Roast chicken, whole	19	14%	13.5	0	27.1	
meat	Beef sirloin steak	20	11%	10.5	0	20	
poultry	Eggs	21	10%	9.9	0.8	12.6	Free range is best
meat	Steak, beef rump	21	10%	9.7	0	20.3	
meat	Beef, rib eye steak	22	9%	9	0	21.2	
fish	Fish, trout	23	7%	6.6	0	20.8	Good source of Omega 3

dairy	double cream	24	6%	6	4.7	3.5	Lower in lactose than other yoghurts
fish	Fish, salmon, pink	25	5%	5.4	0	20.5	Good source of Omega 3
meat	Beef Biltong	25	5%	5	0.4	60	The higher the fat the better
meat	Pork chops	26	4%	4.1	0	22.5	
dairy	Cottage Cheese, creamed	26	4%	4	2.7	11	Avoid low fat options; high fat is best.
meat	Beef, tripe	26	4%	3.7	0	12.1	
meat	Beef, liver	26	4%	3.6	3.9	20.4	
meat	Beef, kidneys	27	3%	3.1	0.3	17.4	
veg	Spinach, cooked	28	2%	2.3	1.4	2.9	
meat	Game Biltong	28	2%	1.8	2.5	50	
fish	Tuna	29	1%	1	0	23	Good source of Omega 3