

FAT RICH FOODS



Cooking oil/ghee
(कड़िया तेल)
Fat - 100 g



Butter
(मक्खन)
Fat - 83 g



Walnut
(अखरोट)
Fat - 64.3g



Coconut, dry
(सूखा नारियल)
Fat - 53.3 g



Sunflower seeds
(सूरजमुखी के बीज)
Fat - 51.8 g

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Khoa
(खोया)
Fat - 20.6 g



Pork ham
(सूअर का सुखाया मांस)
Fat - 18.6g



Egg whole, raw
(अंडा)
Fat - 13g



Chicken, hen, thigh with skin
(मूर्गे के जांघ, त्वचा के साथ)
Fat - 12.8g



Milk, whole, buffalo
(गाय का दूध)
Fat - 6.6 g

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g