Top Sources and Average Intakes of Saturated Fat: U.S. Population Ages 1 and Older

Saturated Fat Average Intake: 239 calories/day

Within Sandwiches:
- Other Sandwiches: 6%
- Burgers: 1%
- Hotdog Sandwiches: 3%
- Breakfast Sandwiches: 2%
- Chicken & Turkey Sandwiches: 3%

Within Desserts & Sweet Snacks:
- Ice Cream & Frozen Dairy Desserts: 2%
- Cakes & Pies: 3%
- Cookies & Brownies: 4%
- Doughnuts, Sweet Rolls & Pastries: 2%
- Burritos & Tacos: 4%
- Other Sandwiches: 6%

Data Source: Analysis of What We Eat in America, NHANES, 2013-2016, ages 1 and older, 2 days dietary intake data, weighted.