

# Target In On Fat: *Luncheon Meats*

Compare the fat content of the luncheon meats below. Keep your daily fat budget in mind when you choose the kind and amount of luncheon meats you eat. *Note:* Each is a 1-ounce serving, cooked (unless another amount is given). For the highest-fat luncheon meats, fat grams are given in parentheses to show the range.

