

NLGI Grades at a Glance

Relating grease consistency to common household items



Cooking Oil

APPEARANCE

Fluid

NLGI

000

445-475*



Apple Sauce

APPEARANCE

Semi-fluid

NLGI

00

400-430*



Brown Mustard

APPEARANCE

Very Soft

NLGI

0

355-385*



Tomato Paste

APPEARANCE

Soft

NLGI

1

310-340*



Peanut Butter

APPEARANCE

**“Normal”
Grease**

NLGI

2

265-295*



**Vegetable
Shortening**

APPEARANCE

Firm

NLGI

3

220-250*



Frozen Yogurt

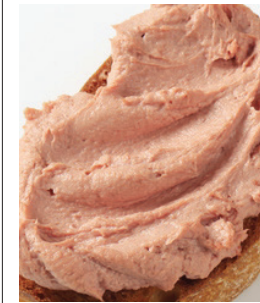
APPEARANCE

Very Firm

NLGI

4

175-205*



Smooth Pâté

APPEARANCE

Hard

NLGI

5

130-160*



**Cheddar
Cheese**

APPEARANCE

Very Hard

NLGI

6

85-115*

*ASTM worked (60 strokes) penetration at 25°C / tenths of a millimeter