

How to calculate Fat, Saturated Fat and Sugar content

- 1) Fat:
 - a. Multiply the grams of fat by 9* = (x) the number of fat calories.
 - b. Divide (x) the number of fat calories by the total number of calories in the food item = % fat content.
* 1 gram of fat contains 9 calories (kcal)

- 2) Saturated Fat:
 - a. Multiply the grams of saturated fat by 9 = (xx) the number of saturated fat calories in the food item.
 - b. Divide (xx) the number of saturated fat calories in the food item by the total number of calories in the food item = % of saturated fat.

- 3) Sugar:
 - a. Divide the number of grams of sugar by the total weight of the food in grams = % of sugar. (Total sugar)

EXAMPLE:

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Total Fat grams = 3
 Total Saturated Fat grams = 0
 Total Sugar in grams = 3

- 1) Fat – $3 \times 9 = 27$ fat calories; $27/90 = 30\%$ total fat.
- 2) Saturated Fat – $0 \times 9 = 0$; $0/90 = 0\%$ saturated fat.
- 3) Sugar – $3/114 = 2.6\%$ sugar by volume.

Fat = 30%
 Saturated Fat = 0%
 Sugar = 2.6%

Online Calculator:

<http://www.seattleschools.org/area/nutrition-svc/calculator/calculator.html>

California does not have a portion size, so leave that blank.

For snacks, the numbers need to change to 35% fat, 10% sat fat, and 35% sugar by weight. Don't fill in the sodium, fiber, or sugar (g) blanks.

If evaluating an entree, just fill in the calories (400) and the fat (36%).