

COUNT ON IT

FAT, PROTEIN, and CARBOHYDRATES are the nutrients responsible for the **CALORIES** in our food. There are 4 calories in one gram of protein and one gram of carbohydrates, but there are 9 calories in one gram of fat.

EXAMPLE

ANSWER

A serving of oatmeal has 5 grams of protein and 150 total calories. What percent of the calories are protein?

Multiply the grams by 4 to find the calories from protein: $5 \text{ g} \times 4 \text{ cal/g} = 20 \text{ cal}$
 Divide the calories from protein by total calories, then multiply by 100 to get the percent of protein in one serving:
 $20 \text{ cal} \div 150 \text{ cal} = 0.13 \times 100 = 13\%$
One serving of oatmeal is 13% protein.

YOUR TURN

You're watching a cooking show about making fresh pasta dinners. You want to make a pasta dinner, but what is the nutritional value? Use the nutrition labels below to complete the charts.



HOMEMADE PASTA

Nutrition Facts	
Serving Size 1/4 cup	
Amount Per Serving	
Calories 74	Calories from Fat
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 23mg	8%
Sodium 47mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber	0%
Sugars	
Protein 3g	

MARINARA SAUCE

Nutrition Facts	
Serving Size 1 1/8 cup	
Amount Per Serving	
Calories 224	Calories from Fat
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 1054mg	44%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	27%
Sugars 23g	
Protein 5g	

MEATLESS MEATBALLS

Nutrition Facts	
Serving Size 2/3 cup	
Amount Per Serving	
Calories 284	Calories from Fat
%Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 0mg	0%
Sodium 792mg	33%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	26%
Sugars 2g	
Protein 30g	

TOSSED SALAD

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 33	Calories from Fat
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 2g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 54mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber	0%
Sugars	
Protein 3g	

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FAT PERCENTAGE	(A) TOTAL GRAMS OF FAT	(B) X 9	(C) CALORIES FROM FAT	(D) TOTAL CALORIES	% OF FAT C/D X 100 (NEAREST WHOLE %)	% OF FAT (LABEL)
HOMEMADE PASTA						
MARINARA SAUCE						
MEATLESS MEATBALLS						
TOSSED SALAD						

CARBOHYDRATE PERCENTAGE	(A) TOTAL GRAMS OF CARBS	(B) X 4	(C) CALORIES FROM CARBS	(D) TOTAL CALORIES	% OF CARBS C/D X 100 (NEAREST WHOLE %)	% OF CARBS (LABEL)
HOMEMADE PASTA						
MARINARA SAUCE						
MEATLESS MEATBALLS						
TOSSED SALAD						

PROTEIN PERCENTAGE	(A) TOTAL GRAMS OF PROTEIN	(B) X 4	(C) CALORIES FROM PROTEIN	(D) TOTAL CALORIES	% OF PROTEIN C/D X 100 (NEAREST WHOLE %)	% OF PROTEIN (LABEL)
HOMEMADE PASTA						
MARINARA SAUCE						
MEATLESS MEATBALLS						
TOSSED SALAD						