



HOW TO CALCULATE THE AMOUNT OF FAT FROM FOOD LABELS

Your daily fat intake should be no more than 30% of your total daily calories.

For example, if your daily calorie intake is 2000 calories, then your daily calories from fat should be 600 calories.

Here's the formula: _____ total calories \times 0.3 = _____ (30% calories from fat)

It is easy to know that foods such as french fries, buttered rolls, and meat gravies are high in fat.

It is harder to read food labels and really know how much fat is in the food.

For example, a product advertised as "94% fat free" may contain much more than 6% fat !

This is because the arithmetic is based on weight and not on the % of calories from fat.

Food labels can give us good information, but first we need to do a simple calculation.

For example, a "low fat" product advertised as "94% fat free" has the following label information:

"25 calories per serving; 10 calories from fat per serving"

40% of the calories in this "low fat" product are from fat.

Here's the formula for calculating the % of calories from fat:

calories from fat per serving [divided by] total calories per serving \times 100 = % fat calories

or, $\frac{\text{fat calories}}{\text{total calories}} \times 100$

For the "low fat" product: $10 / 25 \times 100 = 40\%$

A similar "light fat" product has the following label information:

"50 calories per serving; 45 calories from fat per serving"

What is the % of calories from fat ? _____

answer: 90% ($45 / 50 = 9$, then $9 \times 100 = 90\%$)

90% of the calories in this "light fat" product are from fat.

It is a good idea to read the labels and to select foods with less than 30% calories from fat.

