Calculating Percent of Calories from Fat

It is recommended that Americans get no more than 25-35% of their daily calories from fat. If one item or meal is greater than 30% of calories from fat, it is good to balance the day with other foods or meals that are less than 30% of calories from fat.

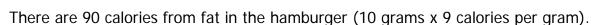
Steps for calculating % of calories from fat:

- 1. Determine the number of calories in a food item. This information can be found on the food label. Be sure to determine the serving size for which the number of calories is listed.
- 2. Determine the number of grams of fat in this serving.
- 3. Multiply the number of grams of fat by 9. (There are 9 calories in one gram of fat.) This number is the number of calories from fat in the serving.
- 4. Divide the number of calories from fat (found in step 3 above) by the total number of calories in the serving.
- 5. Multiply by 100 to determine the %.

Example:

An average small hamburger has 280 calories.

This hamburger has 10 grams of fat.



32% of the calories are from fat in the hamburger (90 calories from fat divided by 280 total calories x 100).

