

Calculating Food Labels

Remember that an important recommendation especially for Americans, is to keep the percent of calories from fat less than or equal to 30%.
To find the percent of calories from fat:

Example:

Nutrition Facts

Serving Size 1 cup (252g)
Servings Per Container about 2

Amount Per Serving

Calories 220 Calories from Fat 30

- 1) Divide the calories from fat by the total number of calories.
- 2) Multiply by 100 to change the decimal into a percent.
- 3) Round to the nearest whole percent.

- 1) $\frac{\text{calories from fat}}{\text{total calories}} = \frac{30}{220} = 0.1363636$
- 2) $0.1363636 \times 100 = 13.63636$
 $0.1363636 = 13.63636\%$
- 3) $13.63636\% = 14\%$

REFRIED BEANS

1. How much is one serving of beans? _____
2. How many calories are in one serving of beans? _____
3. How many calories from fat are in one serving of beans? _____
4. Find the percent of calories from fat in these beans. _____
5. How many calories are in one cup of beans? _____

Nutrition Facts	
Serving Size 1/2 cup (128g)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 560mg	23%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 7g	

PEANUT BUTTER SANDWICH CRACKERS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 package (38g)		Total Fat 9g	14%	Total Carbohydrate 22g	7%
Servings Per Container 8		Saturated Fat 2g	10%	Dietary Fiber less than 1g	3%
Calories 190		Cholesterol less than 5mg	1%	Sugars 4g	
Calories from Fat 80		Sodium 420mg	18%	Protein 6g	
		Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 4%

6. What is the serving size of the peanut butter sandwich crackers? _____
7. How many calories are in one serving of crackers? _____
8. How many calories from fat are in one serving of crackers? _____
9. Find the percent of calories from fat in the crackers. _____
10. If there are six crackers per package, how many calories in one cracker? _____