

The Nutrition Worksheet

For your information:

Carbohydrate has 4 calories in each gram;
Protein has 4 calories in each gram;
and Fat has 9 calories in each gram.

1. What is the serving size? _____
2. How many servings in a container/package? _____
3. How many total calories in ONE serving?

Carbohydrate _____ gm x 4 cal/gm = a) _____ calories from carbohydrate

Protein _____ gm x 4 cal/gm = b) _____ calories from protein

Fat _____ gm x 9 cal/gm = c) _____ calories from fat

Add up answers from a) _____ + b) _____ + c) _____ to get

Total calories in the ONE serving = _____ calories

4. What is the percentage of calories from fat?

Calories from fat _____ ÷ Total calories in ONE serving _____ =
_____ %

5. What percentage of calories comes from saturated fat?

Saturated fat _____ gm x 9 cal/gm = _____ total saturated fat calories

Total saturated fat calories _____ ÷ total calories in ONE serving _____

= percentage of calories from saturated fat _____ %

6. How many milligrams of cholesterol in ONE serving? _____ mg
7. How many milligrams of sodium in ONE serving? _____ mg
8. Would this food item fit on your school wellness policy? _____