

## 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? \_\_\_\_\_