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 cals/gm = a) _____ calories from carbohydrate
   Protein _____ gm x 4 cals/gm = b) _____ calories from protein
   Fat _____ gm x 9 cals/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 cals/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? _____**