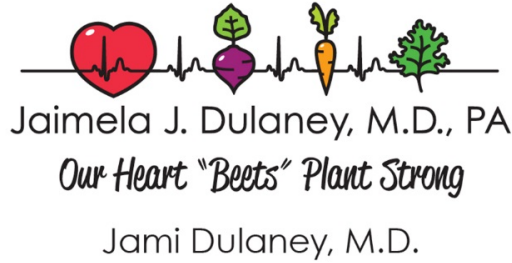


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## Fat Calorie Calculation

### IF Calories from Fat are listed:

$(\text{Calories from fat} \div \text{Total Calories per serving}) \times 100 = \% \text{ of calories from fat.}$

*Example #1: Ezekiel Original Cereal*

$(10 \div 190) = 0.053 \times 100 =$

**5.3%** of calories are from fat

<b>Nutrition Facts</b>		
Serving Size: 0.5 Cup		
Servings per Container: 8		
	Amount Per Serving	% Daily Value
<b>Calories</b>	190	
Calories from Fat	10	
<b>Total Fat</b>	1 g	2%
Saturated Fat	0 g	1%

*Example #2: KRAFT Balsamic Vinaigrette*

$(40 \div 60) = 0.66667 \times 100 =$

**66.67%** of calories are from fat

## Nutrition

Serving Size 2 Tbsp (31g)

### AMOUNT PER SERVING

**Calories** **60 CAL**

Calories From Fat 40 CAL

### % Daily Value

**Total Fat** **4.5 G**

Saturated Fat 0.5 G

**Cholesterol** **0.00**

**Sodium** **350 MG**

*\*NOTE:* Calories from fat should ALWAYS be less than 50% on prepackaged items. You should strive for 15%.

### IF Calories from Fat are not listed:

1. Each gram of fat contains 9 calories.
2. Multiple the grams of fat by 9 to get the calories from fat.
3. Then use the equation above to get your percentage.