

# The Nutrition Worksheet - Key

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? **½ cup (114 g)**
2. How many servings in a container/package? **4 servings**
3. How many total calories in **ONE** serving?

Carbohydrate **31 gm x 4 cal/gm = a) 124** calories from carbohydrate

Protein **5 gm x 4 cal/gm = b) 20** calories from protein

Fat **13 gm x 9 cal/gm = c) 117** calories from fat

Add up answers from a) **124 + b) 20 + c) 117** to get

Total calories in the **ONE** serving = **261** calories\*

\*Again, due to trace amounts of one of the nutrients, the numbers are not exactly the 260 calories that are listed on the food label itself.

4. What is the percentage of calories from fat?

Calories from fat **120 ÷ Total calories in ONE serving 260 = 46%**

5. What percentage of calories comes from saturated fat?

Saturated fat **5 gm x 9 cal/gm = 45** total saturated fat calories

Total saturated fat calories **45 ÷ total calories in ONE serving 260**

= percentage of calories from saturated fat = **17 %**

6. How many milligrams of cholesterol in **ONE** serving? **30 mg**
7. How many milligrams of sodium in **ONE** serving? **660 mg**
8. Would this food item fit on your school wellness policy? \_\_\_\_\_