Attachment to 93-16 – Dietary Guidelines for Americans Recommendations for Fat and Sodium as Relates to the Child Nutrition Programs

CALCULATING PERCENTAGE OF CALORIES FROM FAT

Example 1:

1 cup frozen cut green beans plus 1 pat butter contains 4 grams of fat. Total calories: 75

To calculate the percent of calories from fat in this food:

\[
\frac{\text{No. grams of fat (4)} \times \text{Calories/gram of fat (9)}}{\text{Total Calories (75)}} = 48 \text{ percent calories from fat}
\]

Example 2:

1 cup low fat (2 percent) cottage cheese contains 4 grams of fat. Total calories: 205

\[
\frac{4 \times 9}{205} = 18 \text{ percent calories from fat}
\]

Example 3:

1 cupcake contains 4 grams of fat. Total calories: 120

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\frac{4 \times 9}{120} = 30 \text{ percent calories from fat}
\]

From this analysis, it would seem that Example 3 (a cupcake) would be a better choice than Example 1 (green beans). This is due to the low calorie content of the green beans and the higher calorie content of the cupcake. All three foods contribute the same amount of fat (4 grams) to a meal. They differ only in the amount of protein and carbohydrate and, therefore, in the calories contained.