

Calculating Percent of Calories from Fat

It is recommended that Americans get no more than 25-35% of their daily calories from fat. If one item or meal is greater than 30% of calories from fat, it is good to balance the day with other foods or meals that are less than 30% of calories from fat.

Steps for calculating % of calories from fat:

1. Determine the number of calories in a food item. This information can be found on the food label. Be sure to determine the serving size for which the number of calories is listed.
2. Determine the number of grams of fat in this serving.
3. Multiply the number of grams of fat by 9. (There are 9 calories in one gram of fat.) This number is the number of calories from fat in the serving.
4. Divide the number of calories from fat (found in step 3 above) by the total number of calories in the serving.
5. Multiply by 100 to determine the %.

Example:

An average small hamburger has 280 calories.

This hamburger has 10 grams of fat.



There are 90 calories from fat in the hamburger (10 grams x 9 calories per gram).

32% of the calories are from fat in the hamburger (90 calories from fat divided by 280 total calories x 100).