

Calorie Calculations in Foods:

1. Calculation of Calories in Foods:

Calories are calculated by multiplying the grams of protein and carbohydrate in a serving by 4 and the grams of fat by 9. This is done because there are approximately 4 calories per gram of carbohydrate and protein and 9 calories per gram of fat. This calculation applies to all foods except those containing alcohol.

2. Calculation of Calories from fat:

Nutritional labeling regulations now require the labeling of calories from fat. In order to calculate this, multiply the grams of fat in a serving by 9.

Example:

To illustrate these calculations, suppose a meat product contains 5.20 grams of protein, 0.68 grams of carbohydrate, and 13.78 grams of fat.

The **total calories** would be calculated as follows:

Total Calories = (4 x 5.20 grams of protein) + (4 x 0.68 grams of carbohydrate + (9 x 13.78 grams of fat)

Total Calories = 20.8 calories + 2.72 calories + 124.02 calories

Total Calories = 147.54 calories

The **calories from fat** would be calculated as follows:

9 x 13.78 grams of fat = 124.0 calories from fat