

Calculation Examples:

___g Fat x 9 kcal/g fat = ____kcal from fat → 12g x 9g/kcal = 108 kcal from fat in Egg McMuffin

___g Protein x 4 kcal/g Protein = ____kcal from Protein → 18g x 4g/kcal = 72 kcal from Protein in Egg McMuffin

___g CHO x 4 kcal/g CHO = ____kcal from CHO → 30g x 4g/kcal = 120 kcal from CHO in Egg McMuffin

Food Item Example:

Example: Egg McMuffin

300 Calories	12g Total Fat (18% DV)	30g Total Carbs (10% DV)	18g Protein
Calories From Fat: 110 Saturated Fat: 6g (29% DV) Trans Fat: 0g Cholesterol: 245mg (81% DV)	Sodium: 730mg (31% DV) Dietary Fiber: 2g (7% DV) Sugars: 3g	Vitamin A: 700IU (15% DV) Vitamin C: 1mg (2% DV) Calcium: 160mg (15% DV) Iron: 3mg (15% DV)	

*Percent Daily Values (DV) are based on a 2,000 calorie diet

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Meal										
Item	Fat (g)	Fat (kcal)	CHO (g)	CHO (kcal)	Pro (g)	Pro (kcal)	Sodium (mg)	Chol. (mg)	Fiber (g)	kcal
Breakfast										
Egg McMuffin	12	108	30	120	18	72	730	245	2	300

<i>Total</i>										
Lunch										
<i>Total</i>										
Dinner										
<i>Total</i>										
Fiber	kcal	Fat	Fat	CHO	CHO	PRO	PRO	Sodium	Chol	
(mg)	(g)	(g)	(kcal)	(g)	(kcal)	(g)	(kcal)	(mg)		
<i>Total for the Day</i>	75	675	345	1380	102	408	3200	195	22	2463

I am going to base my recommended intake vs actual intake off of a 2,000 kcal per day intake.

%Fat Recommended Intake → 30% of your daily calories should come from fat intake.

Fat Actual Intake → $675 / 2000 = 0.3375$ or 34%

Sodium Recommended → 2400mg/ day

Sodium Actual Intake → $3200 / 2300 = 1.39$ or 139%

Meal		
Nutrient	Recommended intake	Actual intake

<i>% Fat</i>	30% of 2,000 kcal	34%
<i>% Carbohydrate</i>	50%	
<i>% Protein</i>	20%	
<i>Sodium (mg)</i>	2400mg	139%
<i>Cholesterol (mg)</i>	300mg	
<i>Fiber (g)</i>	25g	