

Active Mind Active Body

Calculating
Calories from a
Sample Meal

Worksheet 1-3

What You Will Do

Use this activity to evaluate your eating behaviors for one day. Find out how nutritious your meal choices are and what you need to improve.

In this activity, you will calculate the percentage of the calories you eat in a day that come from carbohydrate, protein, and fat. Understanding how much of each nutrient you consume is important for developing healthful eating habits.

Tips: To get an accurate assessment of your daily caloric intake, it is important to record accurately and completely the foods that you consume. Remember, you are not being graded on your food choices. What is important is that you understand and develop healthful eating habits. To complete this activity, you will need to pay attention to the grams of carbohydrates, proteins, and fats that you consume.

What You Will Need

- pen or pencil
- paper
- calculator (optional)

What You Will Do

1. List the foods you eat on a particular day. Add up the grams of carbohydrate, protein, and fat that you consume in the food you eat that day.
2. Calculate the number of calories in your food choices for that day. Use the following equivalents to determine calories:
 - 1 gram of carbohydrates = 4 calories
 - 1 gram of protein = 4 calories
 - 1 gram of fat = 9 calories
3. Calculate what percentage of these calories comes from carbohydrate, protein, and fat. *Hint:* Divide the number of calories for each nutrient by the total number of calories from all the nutrients, then move the decimal point two places to the right.

