

Sample Worksheet for determining Percentage of Fat for a typical BMS Cafeteria Meal

Grilled Cheese Sandwich and Tomato Soup						
Food item	Calories	Fat Calories	Grams of fat	Non-fat calories	Percentage of fat in Menu Item	Percentage of fat in Meal
Tomato Soup	90		1			
2 slices bread	160		2			
2 slides American Cheese	212		17.8			
1% Chocolate milk	158		2.5			
Apple	80		0			
Cafeteria meal total						

Formulas

Fat calories	Grams of fat * 9
Non-fat	Calories - Fat calories
Percentage of fat in Menu Item	Fat Calories / Calories
Percentage of fat in Meal	Fat Calories / Total Calories for Meal

* means multiply
- means subtract
/ means divide