

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

Pizza and Tossed Salad						
Food item	Calories	gm of fat	Fat Calories	Non-fat calories	Percentage of fat in Menu Item	Percentage of fat in Meal
Pizza 3 x 5"	85	4.1				
Tossed Salad (Lettuce, tomatoes cucumbers, raisins, cabbage)	75	0				
Ranch dressing (light) 2 TPS	70	4.5				
Apple	80	0				
Chocolate Pudding	150	6.5				
White Milk	110	2.5				
Cafeteria meal total	570	17.6	158			

formulas

Fat calories	Gm. Of fat * 9
Non-fat	Calories - Fat calories
Percentage of fat	Fat calories / Calories
Percentage in meal	Fat Calories / Total Calories