

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

<b>Grilled Cheese Sandwich and Tomato Soup</b>						
<b>Food item</b>	<b>Calories</b>	<b>Fat Calories</b>	<b>Grams of fat</b>	<b>Non-fat calories</b>	<b>Percentage of fat in Menu Item</b>	<b>Percentage of fat in Meal</b>
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

* means multiply
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- means subtract
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/ means divide
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