

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

Tomato Soup and Grilled Cheese Sandwich						
Food item	Calories	gm of fat	Fat Calories	Non-fat calories	Percentage of fat	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	Gm. Of fat * 9
Non-fat	Calories - Fat calories
Percentage of fat	Fat calories / Calories
Percentage in meal	Fat Calories / Total Calories