



HOW MANY CALORIES?

Fill in the blanks to calculate how many calories are in some common foods you eat.

If one cup of milk has **8 grams of protein**, how many calories from protein are there?
 $8 \text{ grams of protein} \times 4 \text{ calories per gram of protein} = \mathbf{32 \text{ calories from protein}}$

If $\frac{1}{2}$ cup of cooked spaghetti has **17 grams of carbohydrate**, how many calories from carbohydrate are there?
 $17 \text{ grams of carb} \times 4 \text{ calories per gram of carb} = \mathbf{68 \text{ calories from carbohydrate}}$

If 1 order of french fries has **22 grams of fat**, how many calories from fat are there?
 $22 \text{ grams of fat} \times 9 \text{ calories per gram of fat} = \mathbf{198 \text{ calories from fat}}$

$\frac{1}{2}$ cup of vanilla ice cream

	# of Grams			# of Calories
Carbohydrate	16	X 4 calories	=	64 Calories from carbohydrate
Protein	2	X 4 calories	=	8 Calories from protein
Fat	12	X 9 calories	=	108 Calories from fat
Total # of Calories				180

$\frac{1}{2}$ cup of cooked carrots

	# of Grams			# of Calories
Carbohydrate	8	X 4 calories	=	32 Calories from carbohydrate
Protein	1	X 4 calories	=	4 Calories from protein
Fat	0	X 9 calories	=	0 Calories from fat
Total # of Calories				36