



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 grams of protein X 4 calories per gram of protein = ___ calories from protein

If ½ cup of cooked spaghetti has **17 grams of carbohydrate**, how many calories from carbohydrate are there?

17 grams of carb X 4 calories per gram of carb = ___ calories from carbohydrate

If 1 order of french fries has **22 grams of fat**, how many calories from fat are there?

22 grams of fat X 9 calories per gram of fat = ___ calories from fat

½ cup of vanilla ice cream

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

½ cup of cooked carrots

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