

How do you know if a food is low in fat?

There are three nutrients that provide energy for the body. They are carbohydrates, protein, and fat. Vitamins, minerals, and water help in various body processes, but do not provide energy.

Calories provide a measure of how much energy you get from a serving of food. Each nutrient provides a certain amount of calories per gram.

- Fat provides 9 calories/gram.
- Carbohydrates provide 4 calories/gram.
- Protein provides 4 calories/gram.

As you can see, fat provides the greatest amount of energy per gram. For a healthy meal plan, one should look for foods with a fat content of 30 percent or less of the total calories per serving.

Calories and Calories from Fat

The label tells you the total calories in one serving and how many of the calories come from fat.

Amount Per Serving	
Calories 250	Calories from Fat 110
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% Daily Value*	

In the example, there are 250 calories in a serving of this food. How many *calories from fat* are there in ONE serving? Answer: 110 calories

To figure out what the fat calorie percentage is, use this equation.

$$\frac{\text{Calories from Fat}}{\text{Total Calories per Serving}} = \text{Percent Calories from Fat}$$

Remember you want that percentage to be 30% or less.

In the example, $\frac{\text{Calories from Fat (110)}}{\text{Calories per Serving (250)}} = 44\%$

You can use this as a guideline, but it doesn't mean you can't eat any foods that have a fat calorie percentage of greater than 30 percent.

**Remember that all foods can fit into a healthy lifestyle.
Balance, moderation, and variety is the key!**