

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

**FAT CALORIE WORKSHEET**

[www.fatcalories.com](http://www.fatcalories.com)

1. The total daily calories needed for a 135 lb female is \_\_\_\_\_ calories.
2. Middle School Student needs \_\_\_\_\_ calories.
3. Caloric Source Breakdown:

Source	Percent of Daily Intake	Calories / Gram	Gram of food
Carbohydrate		4	
Fat		9	
Protein		4	
Total	100		

4. Which Fast Food Vendors are available in John Day area?
5. Complete the Table.

Food	Total Calories	Fat Calories	% Calories from Fat	Saturated Fat (g)	
<b>DQ Chicken Strips</b>					
<b>Subway: Chicken &amp; Bacon sandwich</b>					
<b>McD: Deluxe Breakfast</b>					
<b>DQ: ¼ lb Flamethrower</b>					
<b>Sub: Double-Bacon Cheese Breakfast Sandwich</b>					

6. Which foods have trans fats in them?

7. How many foods does McDonalds' have that exceeds the 30% calories from fat?

8. How many foods does Subway have that exceeds the 30% calories from fat?

9. How many foods does DQ have that exceeds the 30% calories from fat?

10. Make your own daily dietary chart and determine your caloric intake (be specific)

Category (itemize) (1 item)	Protein (g)	Protein – cal 1 g = 4 cal	Carbohydrate (g)	Carbs Calories 1 g = 4 cal	Fat (g)	Fat Calories 1 g = 9 cal
Breakfast McD's						
Lunch Subway						
Dinner DQ						
Snacks DQ						