LIPID WORKSHEET (2 pages)

The purpose of this worksheet is to look at your total fat intake, fat-containing foods, calculate your personal daily value for fat and saturated fat and evaluate your cholesterol intake. Please round off decimals to whole numbers.

1. **Overall fat intake:**
   Total calories consumed for day: ________ calories

   Total grams of fat consumed: ________ grams

   Calculate how many calories are from fat:
   Grams of Fat X 9 calories /gram of fat = Calories from Fat

   _____grams of Fat (9 cal/gram) = _________ Calories from Fat

2. **Find the percentage of fat of your total calories:**
   Divide Fat Calories by Total Calories & multiply result by 100 = % of Fat Calories

   _____ Fat Calories + _____ Total Calories X 100 = _____ % Fat

3. The new Food and Nutrition Board recommendation of 2004 is that 20-35% of your calories should come from fat. This recommendation was changed to accommodate the continuing discussion of the benefits of the high carbohydrate, low fat diet vs. the high protein and consequently higher fat diets. **How does your intake compare? If your percentage is high, what foods may be the cause? Make specific suggestions for that would help you reach the recommendation.**

4. List in order the 3 foods that were the major contributors of saturated fat in your diet.

5. List in order the 3 foods that were the major contributors of polyunsaturated fat.

6. **Calculate your personal Daily Value for Fat in grams:**

   Total Calories X .30 (30%) = Calories Allowed from Fat

   _____ Total Calories X .30 = _________ Calories Allowed from Fat

   To change calories to grams:
   Calories Allowed from Fat Divided by 9 (cal/gm) = Personal Daily Value for Fat in Grams

   _____Calories Allowed From Fat ÷ 9 = _________ grams Personal DV for Fat