7. Calculate your personal daily value for saturated fat in grams: Your saturated fat intake should be no more that 10% of your daily calorie intake.

\[ \text{Total Calories} \times 0.1 \text{ (10\%)} = \text{Calories Allowed from Saturated Fat} \]

\[ \text{Total Calories} \times 0.1 = \text{Calories Allowed from Saturated Fat} \]

To change calories to grams:
\[ \text{Calories Allowed from Fat Divided by 9 (cal/gm)} = \text{Personal Daily Value for Saturated Fat in Grams} \]

\[ \text{Calories Allowed from S-Fat} \div 9 = \text{grams - DV of Saturated Fat} \]

8. How much cholesterol did you consume? ________mg

9. What types of food contain cholesterol?

10. Putting it all together. Complete the chart below and answer the following question.

Compare your fat intake for your calculated daily value in each category. Do you meet the recommendations? If not, what foods are you currently eating that might be problem foods? What could you do to come closer to meeting to the recommendations? Be specific.

<table>
<thead>
<tr>
<th>Your Fat and Cholesterol Intake</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Daily Value (calculated above)</td>
<td></td>
<td></td>
<td>300 mg</td>
</tr>
<tr>
<td>Your Intake (spreadsheet)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>