

Chapter 17

Use with Section 1

ENRICHMENT**● Nutrition****Do you eat too much fat?**

Carbohydrates, proteins, fats, vitamins, and minerals are nutrients that are important to good health and growth. To maintain health, you need to eat lots of carbohydrates. Proteins and fats are needed in smaller amounts.

Most people don't realize that fats are important to your health. Doctors recommend that 30 percent of the calories you eat come from fat. However, many people eat too many fatty foods. In most Americans' diets, 40 percent of the calories come from fat. Many people like

the way high-fat foods taste. One gram of fat contains 9 calories. On the other hand, 1 gram of carbohydrate or protein contains only 4 calories. So, you can eat less fat than carbohydrate, but the total calories from fat could be higher.

Are you eating too much fat? Find out how many calories come from fat in five of your favorite foods. Nutritional information can be found on the labels of packaged foods or in nutrition or diet books at the library.

Procedure

1. Look at the nutritional information on the package. The amount of fat is usually listed in grams per serving. Fat content may be divided into saturated fat and unsaturated fat. To find the total amount of fat in a serving, add these two types of fat together.
2. Find the number of calories from fat per serving. Multiply total grams of fat by 9 calories.
3. Find the total number of calories per serving on the label. Divide the number of calories from fat by the total number of calories. Multiply this number by 100 to get the percentage of calories from fat.
4. Record your answers in the table below.

	Fat (grams) per serving	Calories per serving	Percentage of calories from fat
Food 1			
Food 2			
Food 3			
Food 4			
Food 5			

Conclude and Apply

1. Which of your favorite foods were high in fat? _____

2. How can you make sure you aren't eating too much fat? _____
