

Calculate how many calories come from each macronutrient for the foods below and answer the questions on the following page.



fat 0g ..... x ..... = ..... calories from fat  
 carbohydrates 16g ..... x ..... = ..... calories from carbohydrates  
 protein 1.5g ..... x ..... = ..... calories from protein



fat 0g ..... x ..... = ..... calories from fat  
 carbohydrates 65g ..... x ..... = ..... calories from carbohydrates  
 protein 0g ..... x ..... = ..... calories from protein



fat 0.3g ..... x ..... = ..... calories from fat  
 carbohydrates 18g ..... x ..... = ..... calories from carbohydrates  
 protein 1g ..... x ..... = ..... calories from protein



fat 17g ..... x ..... = ..... calories from fat  
 carbohydrates 42g ..... x ..... = ..... calories from carbohydrates  
 protein 6g ..... x ..... = ..... calories from protein