

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