How to Calculate The Percent of Calories from a Calorie Source

Question: What percent of calories came from the fat in a beverage containing the following?:

- · 10 grames of carbohydrate
- · 5 grams of fat
- · 2 grams of protein
- · 5 grams of alcohol

1 gram of carbohydrate	= 4 calories of energy to a ce
1 gram of fat	= 9 calories of energy to a ce
1 gram of protein	= 4 calories of energy to a ce
1 gram of alcohol	= 7 calories of energy to a ce



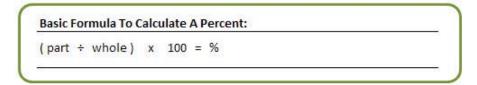
How to Calculate The Percent of Calories from a Calorie Source -- Step 1

Calculate the total number of calories in the beverage from all sources, and the total calories in the beverage.

10 grams of carbohydrate	X	4 calories per gram	= 40 calories
5 grams of fat	X	9 calories per gram	= 45 calories
2 grams of protein	X	4 calories per gram	= 8 calories
5 grams of alcohol	x	7 calories per gram	= 35 calories

How to Calculate The Percent of Calories from a Calorie Source -- Step 2

Use the formula to obtain the percent of calories from fat.



'Part' is the calories from source, and 'whole' is the total calories.

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Formula To Calculate the Percent of Calories From A Calorie Source:

( calories from source ÷ total calories ) x 100 = %
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How to Calculate The Percent of Calories from a Calorie Source -- Step 3

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Beverage Information:

10 grams of carbohydrate x 4 calories per gram = 40 calories
5 grams of fat x 9 calories per gram = 45 calories
2 grams of protein x 4 calories per gram = 8 calories
5 grams of alcohol x 7 calories per gram = 35 calories

Total calories in beverage = 128 calories
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Fat 'calories from source' equals 45.

'Total calories' equals 128.

Divide the calories from source by the total calories first since those figures are within brackets.

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Formula To Calculate the Percent of Calories From A Calories Source:

(45 ÷ 128) x 100 = %
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How to Calculate The Percent of Calories from a Calorie Source -- Step 4

Multiply the remaining two numbers.

Formula To Calculate the Percent of Calories From A Calories Source:

.351563 x 100 = %

How to Calculate The Percent of Calories from a Calorie Source -- Step 5

The answer is 35.2 %, and it can be rounded to 35 %.

Formula To Calculate the Percent of Calories From A Calories Source:

.351563 x 100 = 35.2%



Answer: The percent of calories which come from the fat in the beverage is 35.2 % or 35 %.