

# Nutritional Calculations

## McDonalds Large French Fries Solution



Nutrition Facts	
Serving Size	5.4 oz (154 g)
Servings Per Container:	
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Amount Per Serving:	
Calories:	Calories from Fat
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	% Daily Value *
<b>Total Fat 25g</b>	<b>38%</b>
Saturated Fat 3.5g	17%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol 0mg	0%
Sodium 350mg	15%
<b>Total Carbohydrate 63g</b>	<b>21%</b>
Dietary Fiber 6g	26%
Sugars 0g	
<b>Protein 6g</b>	
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Vitamin A 0%	• Vitamin C 20%
Calcium 2%	• Iron 8%
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*Percent of Daily Value are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

### Calculate Calories:

63 grams of carbohydrate	x	4 calories per gram	=	252 calories
25 grams of fat	x	9 calories per gram	=	225 calories
6 grams of protein	x	4 calories per gram	=	24 calories
0 grams of alcohol	x	7 calories per gram	=	0 calories

Total calories =

**501 calories**

### Calculate the Percent of Calories from a Calorie Source:

( 252 calories of carbohydrates	÷	501 total calories	) x 100 =	50.30 %
( 225 calories of fat	÷	501 total calories	) x 100 =	44.91 %
( 24 calories of protein	÷	501 total calories	) x 100 =	4.79 %
( 0 calories of alcohol	÷	501 total calories	) x 100 =	0.00 %