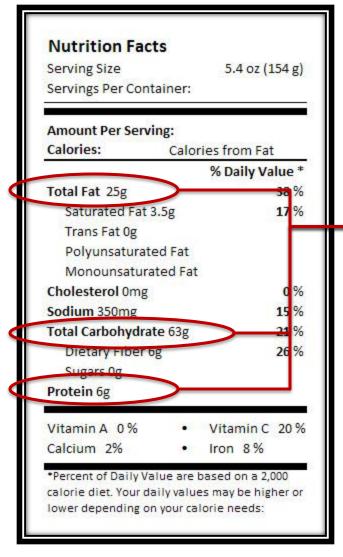
## **Nutritional Calculations**

McDonalds Large French Fries Solution





## Calculate Calories: 63 grams of carbohydrate x 4 calories per gram = 252 calories 25 grams of fat x 9 calories per gram = 252 calories 25 calories 6 grams of protein x 4 calories per gram = 24 calories 24 calories 7 calories per gram = 0 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 total calories ) x 100 = 0.00 %