

# Nutritional Calculations

## McDonalds Large French Fries Worksheet



### Nutrition Facts

Serving Size 5.4 oz (154 g)  
 Servings Per Container:

#### Amount Per Serving:

Calories:                      Calories from Fat

% Daily Value \*

<b>Total Fat</b> 25g	38%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 350mg	15%
<b>Total Carbohydrate</b> 63g	21%
Dietary Fiber 6g	26%
Sugars 0g	
<b>Protein</b> 6g	

Vitamin A 0%                      • Vitamin C 20%  
 Calcium 2%                      • Iron 8%

\*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:

<input type="text"/>	grams of carbohydrate	x	4 calories per gram	=	<input type="text"/>	calories	
<input type="text"/>	grams of fat	x	9 calories per gram	=	<input type="text"/>	calories	
<input type="text"/>	grams of protein	x	4 calories per gram	=	<input type="text"/>	calories	
<input type="text"/>	grams of alcohol	x	7 calories per gram	=	<input type="text"/>	calories	
<b>Total calories =</b>						<input type="text"/>	<b>calories</b>

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

<input type="text"/>	calories of carbohydrates	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%
<input type="text"/>	calories of fat	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%
<input type="text"/>	calories of protein	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%
<input type="text"/>	calories of alcohol	÷	<input type="text"/>	total calories	) x 100 =	<input type="text"/>	%