

## HOW TO GET THE FAT PERCENTAGE OF A PRODUCT BY READING THE LABEL

**Step One:** Convert the fat grams to fat calories.

How? Fat grams x 9. (There are 9 calories in every gram of fat)

**Step Two:** Divide the fat calories by the total calories.

**Example:** A casserole serving is 600 calories with 18 grams of fat. What Percentage of fat is in this product?

Step One:  $18 \text{ (grams of fat)} \times 9 \text{ (calories in each gram of fat)} = 162 \text{ fat calories}$

Step Two:  $162 \text{ divided by } 600 = .27 \text{ or } 27 \text{ percent.}$

This product is 27 percent fat