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 (grams of fat) x 9 (calories in each gram of fat) = 162 fat calories

Step Two: 162 divided by 600 = .27 or 27 percent.

This product is 27 percent fat