

# Kitchen and Pantry Food Check-up

Food \_\_\_\_\_

<i>Servings per container</i>	
<b>Calories per serving</b>	
<b>Calories from fat</b>	
<b>% Calories from Fat</b> (fat calories/total calories)	
<b>Fat Grams</b>	
<b>Carbohydrate grams</b>	
<b>Protein grams</b>	
<b>Cholesterol (mg)</b>	
<b>Sodium (mg)</b>	
<b>Dietary fiber (grams)</b>	

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**Facts to remember:** Carbohydrate and protein have 4 calories per gram. Fat has 9 calories per gram. *Primary goal* is less than 30-40 grams of fat per day. *Secondary goal* is total calories per day less than your *target* body weight X 10 (for a 260 pound woman whose goal weight is 200 pounds, this is less than 200 calories per day).