

## 15. FAT RECOMMENDATIONS

NAME: \_\_\_\_\_.

TOTAL ENERGY NEEDS 2349 kcal .

Recommended % kcal as fat =  $0.3 \times \text{kcal}$  705 kcal .

Recommended intake of fat =  $\text{kcal}/9$  per gram 78 grams .

Minimum recommendation =  $15\% \text{ kcal (grams/ 2)}$  39 grams .

### DAILY FAT INTAKE

Food	amt	grams of fat	saturated fat	unsaturated fat
Cheerios	1 cup	1	X	
2% milk	3/4 cup	3.8	X	
Frosted jelly Danish pastry	4.5 in diam	16	X	
Café mocha	2 cups	9	X	
Whipped cream	4 Tbs.	4	X	
Flour tortilla, 10 inches	1	5	X	
Grated American cheese	2 oz.	18	X	
Tomato based salsa	3 Tbs.	0.2		X
Refried beans	3/4 cup	2.3		X
Mexican rice	1/2 cup	2	X	
Tortilla chips	10	5	X	
Guacamole	1/4 c.	15		X
Luna Energy Bar	1.5 oz	3		X
Fried tofu (1 tsp oil)	1/2 cup	10		X

Fried chicken (1 tsp oil)	3 oz.	8.8	X	
Steamed white rice	1 cup	0		
Steamed asparagus	1/4 cup	0		
Coke	12 fl oz	0		
Choc cake with icing (1/12 cake)	9" diam.	16	X	
Red wine	4 fl. Oz	0		
<b>TOTAL</b>		<b>119.1</b>		