CONVERTING FAT GRAMS TO PERCENT

Food labels list the number of fat grams per serving a food contains not the percent of fat.

Knowing how to convert fat grams into percent, enables the consumer to determine if that product falls in the healthy or unhealthy range.
FORMULA:

\[
\frac{\text{fat grams} \times 9}{\text{Calories per serving}} \times 100 = \% \text{ of fat}
\]

EXAMPLES:

\[
\frac{(11 \times 9)}{243} \times 100 = 40.74\% \rightarrow \text{UNHEALTHY}
\]

\[
\frac{(4 \times 9)}{176} \times 100 = 20.45\% \rightarrow \text{HEALTHY}
\]

ASSIGNMENT: Select from the label packet seven (7) labels who have more than 0 fat grams and compute the percent of fat. Indicate with an “X” whether the food product is healthy or unhealthy.
CONVERTING RECIPES TO HEALTHY-FAT VERSIONS

LAYERED MACARONI CASSEROLE

- 1 lb. Ground beef → Lean ground beef
- 1 med. Onion, chopped
- 1 garlic clove, chopped
- 1 28-oz can tomatoes
- 1 6-oz can tomato paste
- 2 tsp sugar
- 1 tsp salt
- 1 tsp chili powder
- 8 oz uncooked elbow macaroni
- 2 cups cottage cheese → Fat-free cottage cheese
- 1 ½ cups grated cheese → Reduced-fat cheddar cheese
CORNBREAD TAMALE PIE

1 lb ground beef  ► Extra lean ground beef
½ c chopped onion
1 16-oz can tomatoes
1 12-oz whole kernel corn
1 8 oz can tomato sauce
1 tsp salt
¼ tsp pepper
¼ cup flour
1 ½ tsp baking powder
½ tsp salt
¾ cup cornmeal
½ cup milk  ► Skim milk
2 Tbsp melted butter  ► Olive, peanut, or canola oil
1 egg, beaten  ► 2 egg whites, beaten