

## Percentage Fat and Percentage Calories (Kcal) from Fat Calculation

Calculating percentage fat and percentage calories from fat in a given food product are two different things.

We need to eat as little fat as possible – though we do need to eat some fat to obtain certain vitamins.

To show the difference here are 2 calculations for a branded yoghurt – the information is on the pot.

Total weight of yoghurt	125 g
Total Kcal of yoghurt	122 kcal

Weight of fat	4 g
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### To calculate percentage fat:

$\text{Fat(g)}/\text{total weight (g)} \times 100 = \% \text{fat}$

$4/125 \times 100 = 3.2 \% \text{ fat in this product}$

### To calculate calories from fat:

$\text{Fat(g)} \times 9 \text{ (kcal per g)}/\text{total Kcal} \times 100 = \text{percentage of kcal from fat}$

$(4 \times 9)/122 \times 100$

$36/122 \times 100 = 29.5 \text{ percent of the calories in this product comes from fat.}$

Roughly 30% of our **daily calorific intake** should come from Fat, **NOT** 30% of our diet.