

Food Label
The food label is for one servings. Some products have a new label and they show for one label and the other for the whole product. If the question ask the number for more than one serving - figure out the amount for one serving and then multiply by how mnay servings are asked for.
1 Fat gram = 9 calories
1 Carbohydrate gram = 4 calories
Fiber and sugar are carbohydrates so they have 1 gram = 4 calories
1 protein gram = 4 calories
(Example) - if a food label that say there are a certain amount of grams - this is how you figure the amount of calories
fat 10 grams = 90 calories (10 x 9)
carbohydrate 6 grams = 24 (6 x 4)
fiber 1 gram = 4 (that means that out of the 6 grams of carbohydrates 1 of the 6 is fiber)
sugar 3 grams = 12 (that means 3 of the 6 grams of carbodrates are sugar
Remember to look at the top of the food label to see serving size and how many servings are in one serving.
The serving might one cookie or it could be 3 cookies
When the food label says there 3 grams of fat in this product - you need to 3 (servings) x 9 (calories in one gram) - = 27 calories of fat. Now if you look to the right side of the food label - it will say fat in content - for that product it may say Fat calories 25 or it might say 30. It usually rounds up or down. It is rarely the correct number. It is close. When you answering question - you do the math - do not look at the food label for that information.