NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ HR:\_\_\_\_\_\_\_\_\_\_\_

Complete all of the blanks on the following page. Use a calculator if necessary. Take your time and think this through!

*REMEMBER:*

 *\* \_\_\_\_\_\_ cal for every g of carbohydrate \*To figure % - take the # of calories for the nutrient ÷ the total calories*

 *\*\_\_\_\_\_\_\_ cal for every g of protein*

 *\*\_\_\_\_\_\_\_ cal for every g of fat*

Pizza Hut thick crust pizza – MEAT LOVER’s – 1 slice

\_\_\_\_\_\_\_ total calories

18 g of fat

27 g of carbohydrate

14 g of protein

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pizza Hut 6 inch personal pan pizza – CHEESE

590 calories

24 g of fat \_\_\_\_\_\_\_\_ calories came from fat

69 g of carbohydrate \_\_\_\_\_\_\_\_ calories came from carbs

26 g of protein \_\_\_\_\_\_\_\_ calories came from protein

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pizza Hut – TUSCANI CHICKEN ALFREDO PASTA – ½ pan

629 calories

\_\_\_\_\_\_\_\_ g of fat \_\_\_\_\_\_\_\_ how many g of fat are in ½ the pan

56 g of carbohydrate

27 g of protein

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Subway – 6 inch – COLD CUT ON WHEAT (cheese, but no mayo)

410 calories

16 g of fat \_\_\_\_\_\_\_\_ calories came from fat What % of the cal came from

48 g of carbohydrate \_\_\_\_\_\_\_\_ calories came from carbs protein \_\_\_\_\_\_\_\_\_\_

21 g of protein \_\_\_\_\_\_\_\_ calories came from protein

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Subway – Foot long – OVEN ROASTED CHICKEN (no cheese, no mayo)

\_\_\_\_\_\_\_\_\_\_ calories

8 g of fat

98 g of carbohydrate

46 g of protein