

Numbers and Operations: Registered Dietitian

Boise Heart Clinic

Job Description: Provide Medical Nutrition Therapy for hyperlipidemia (high cholesterol and high triglycerides), hypertension, diabetes and obesity to lower individual's risk of primary or secondary heart disease.

Problem:

#1 Reading Food Labels

This label came from a can of soup (see label information at bottom of page). What are percentages of calories from fat, saturated fat, total carbohydrate, sugars, and protein? Saturated fats have the same calories per gram as total fat. Sugars have the same calories per gram as total carbohydrates.

#2 Reading Food Labels

If Americans are encouraged to eat no more than 40% of their calories from total fat, and no more than 10% of their calories from saturated fat, and about 50% of their calories from total carbohydrates (not too high, nor too low), how would you judge this product?

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260	Calories from Fat 120		
% Daily Value*			
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Cholesterol 30 mg		10%	
Sodium 660 mg		28%	
Total Carbohydrate 31 g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4%		Vitamin C 2%	
Calcium 15%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	300g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

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See problem for details.

Solution:

#1

13 grams fat x 9 cal/gram = 117 fat calories

5 grams saturated fat x 9 cal/gram = 45 saturated fat calories

31 grams carbohydrates x 4 cal/gram = 124 carbohydrate calories

5 grams sugar x 4 cal/gram = 20 sugar calories

5 grams protein x 4 cal/gram = 20 protein calories

Percent (%) of Calories from:

$117 \div 260 = 45\%$ fat

$45 \div 260 = 17\%$ saturated fat

$124 \div 260 = 48\%$ carbohydrates

$20 \div 260 = 8\%$ sugar

$20 \div 260 = 8\%$ protein

#2

Goal	Actual	Rate
=< 40%	45% total fat: very high	"not at goal"
=< 10%	17% saturated fat: very high	"not at goal"
50%	48% total carbohydrates: good	"at goal"