How to Calculate Percent of Calories from Fat

Calories in food come from carbohydrate, protein or fat. Fats have more calories than carbohydrates and proteins.

To stay healthy, you should try not to eat more than 35% of calories from fat for a day. It is okay to eat some foods that are high in fat. Just try to balance it. You need to eat some foods that are low in fat.

To find out the percent of calories from the fat for a food, use the Nutrition Facts Label.

Divide CALORIES FROM FAT by TOTAL CALORIES and multiply times 100.

$$\frac{\text{Calories from Fat}}{\text{Total Calories}} \times 100 = \% \text{ of calories from fat}$$

Example: A box of snack crackers provides 70 calories for a serving of 5 crackers. The "calories from fat" are listed as 20.

$$\frac{20}{70} \times 100 = 28.6\% \text{ of calories from fat}$$