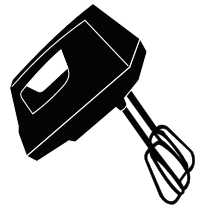


How to Count the Grams of Fat in Recipes

If you cook from recipes often, use these steps:

1. List each ingredient and the amount on a separate line.
2. Look up the fat grams for each ingredient.
Write them down.
3. Add all the fat grams together.
4. Divide the total fat grams by the number of servings the recipe makes.
This will give the number of fat grams per serving.



Practice below with one of your favorite recipes.

Recipe Name _____

Serving Size _____ **Number of servings** _____

Ingredient	Amount	Fat grams

Divide the total fat grams _____ by the number of servings _____
= _____ grams of fat per serving