

# health matters

Use the Nutrition Facts label on the ingredients of your favorite recipe to determine the calories, fat, and carbohydrates. Add columns up and divide the totals by the number of servings you divide your final recipe into. Nutrition information can be found for many items at: <http://www.nal.usda.gov/fnic/foodcomp/search/>

| <b>Ingredient</b>            | <b>Amount Used</b> | <b>Calories</b> | <b>Fat Calories</b> | <b>Fat Grams</b> | <b>Carbohydrate Grams</b> |
|------------------------------|--------------------|-----------------|---------------------|------------------|---------------------------|
| 1.                           |                    |                 |                     |                  |                           |
| 2.                           |                    |                 |                     |                  |                           |
| 3.                           |                    |                 |                     |                  |                           |
| 4.                           |                    |                 |                     |                  |                           |
| 5.                           |                    |                 |                     |                  |                           |
| 6.                           |                    |                 |                     |                  |                           |
| 7.                           |                    |                 |                     |                  |                           |
| 8.                           |                    |                 |                     |                  |                           |
| 9.                           |                    |                 |                     |                  |                           |
| 10.                          |                    |                 |                     |                  |                           |
| 11.                          |                    |                 |                     |                  |                           |
| 12.                          |                    |                 |                     |                  |                           |
| 13.                          |                    |                 |                     |                  |                           |
| 14.                          |                    |                 |                     |                  |                           |
| <b>TOTALS</b>                |                    | <b>TOTAL</b>    | <b>TOTAL</b>        | <b>TOTAL</b>     | <b>TOTAL</b>              |
| <b>PER SERVING OF RECIPE</b> |                    |                 |                     |                  |                           |