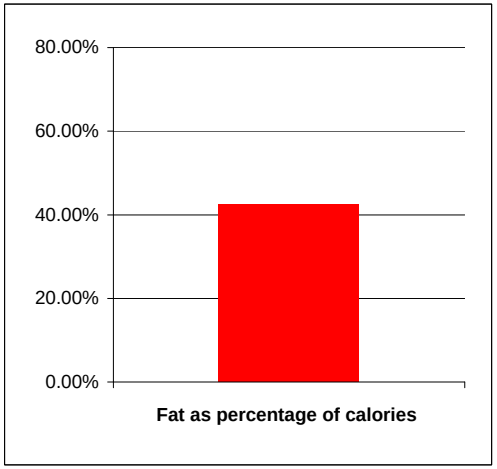
Daily Calorie and Fat Percentage Log

Day	Food	Calories	Fat Grams	Calories from Fat	Fat Percentage
Monday	Cereal	175	5	45	25.71%
	Turkey Soup	120	3	27	22.50%
	Chicken	110	3	27	24.55%
	Cake	250	18	162	64.80%
Tuesday	Scrambled Eggs	300	16	144	48.00%

Summary

Calories consumed:		**955**
Grams of fat in those calories:		**45**
(Fat contains 9 calories per gram)	*x*	**9**
Calories of fat consumed		**405**
Fat as percentage of calories consumed:		**42.41%**



Recommended total fat intake: less than 30% of total calories.