

## Calories – how to calculate!

**Carbohydrates** 4 calories per gram

**Proteins** 4 calories per gram

**Fats** 9 calories per gram

**How much of each do I need?** (recommended amount by the Department of Agriculture, and the Department of Health and Human Services.) This is considered a moderate diet in terms of protein, carbs and fats:

**Carbohydrates:** 50%

**Protein:** 30%

**Fats:** 20%

Additionally, you should try to eat 35 grams of fiber per day.

**How this is all calculated?** Moderate nutrition plan: 50% of calories from carbohydrates, 2,000 calorie per day diet, each gram of carb has 4 calories

$2,000/2=1,000$  (50% of daily calories)

$1,000/4=250$  (4 Calories per gram of carbohydrates) = 250 grams of carbohydrates per day.