

Formulas for Competitive Foods Calculations

All information needed to complete these calculations can be obtained from a product's Nutrition Facts label.

Percent of Calories from Total Fat

Grams of Fat in a serving (Nutrition Facts label): ____ gm; multiply by 9 = ____
(calories from fat)

Total calories in a serving (Nutrition Facts label): ____

Divide calories from fat (above) by total calories in a serving (above) = ____

To convert to a %, move the decimal point two places to the right, or multiply by 100;
Round to the largest whole number.

HUSSC total fat criteria: must be at or below 35% of calories per serving.

Percent of Calories from Saturated Fat

Grams of Saturated Fat in a serving (Nutrition Facts label): ____ gm; multiply by 9 = ____
(calories from fat)

Total calories in a serving (Nutrition Facts label): ____

Divide calories from fat (above) by total calories in a serving (above) = ____

To convert to a %, move the decimal point two places to the right, or multiply by 100;
Round to the largest whole number.

HUSSC saturated fat criteria: must be below 10% of calories.

Trans Fat

Amount of trans fat in a serving of the food (Nutrition Facts label): ____ gm.

HUSSC trans fat criteria: must be less than 0.5 gm per serving.

Percent of Sugar, by Weight

Grams of Sugar in a serving (Nutrition Facts label): ____ gm (A)

Gram weight in a serving (Nutrition Facts label): ____ gm (B)

Divide A by B = ____ (percent of sugar by weight)

To convert to a %, move the decimal point two places to the right, or multiply by 100;
Round to the largest whole number.

HUSSC sugar criteria: must be at or below 35% by weight.

Sodium:

If the serving size is the same as what is listed on the food label:

Milligrams (mg) of sodium in one serving (Nutrition Facts label): ____ mg (A)

If using a serving size greater or less than what is listed on the Nutrition Facts label:

Multiply the mg of sodium in one serving (A) by the amount (factor) of increase or decrease (2 times, ½, etc.) to determine the mg of sodium in the new serving size ____ mg.

If a simple factor is not easy to determine:

Divide the gm weight of the adjusted serving size to be served/consumed ____ gm (B) by the gm weight of one serving ____ gm (C) to determine the adjustment factor ____ (D).

Multiply the mg of sodium in one serving (A) times the adjustment factor (D) ____ to determine the mg of sodium in the adjusted serving size ____ mg.

Compare results with sodium criteria below:

HUSSC sodium criteria for Side Dish or Non-entrée:

- Bronze/Silver/Gold levels should be at or below 480 mg.
- Gold of Distinction levels should be at or below 200 mg.

HUSSC sodium criteria for Main Dish/Entree:

- Bronze/Silver/Gold levels should be at or below 600 mg.
- Gold of Distinction levels should be at or below 480 mg.

Rounding Rules:

To express nutrient values to the nearest 1 g increment, for amounts falling exactly halfway between two whole numbers or higher (e.g., 2.5 to 2.99 g), round up (e.g., 3 g). For amounts less than halfway between two whole numbers (e.g, 2.01 g to 2.49 g), round down (e.g., 2 g).

[excerpted from: <http://www.cfsan.fda.gov/~dms/nutrguid.html>]