

Calculation of Macronutrient Percents (Fat, Carbs, Protein) For a Meal



The numbers come from the nutrition label,
or from internet lookup

	100g	100g	100g	100g
food	kcal	fat	carbs	prot
tuna (one tin)	103	1.1	0.0	23.0

food	100g kcal	100g fat	100g carbs	100g prot
tuna (one tin)	103	1.1	0.0	23.0
1 hb egg	136	9.1	0.1	13.6
mayo (2 tbsp)	710	77.4	2.2	1.0
cheddar (1 slice)	416	34.9	0.1	25.4



Lookup:

"macros 100g medium egg"

food	100g kcal	100g fat	100g carbs	100g prot	portion g
tuna (one tin)	103	1.1	0.0	23.0	110
1 hb egg	136	9.1	0.1	13.6	50
mayo (2 tbsp)	710	77.4	2.2	1.0	30
cheddar (1 slice)	416	34.9	0.1	25.4	25

Now we add portion size (in grams):

- The tuna is 110g (stated on tin)
- A medium egg is about 50g (internet lookup)
- Mayo: a tbsp is about 15g
- Cheddar: 10 slices in a 250g package

End.

Thank you so much for attending.

More to come, if you wish.