We are going to build this table

- Not so daunting
- All the colored cells (except portion) are calculated
- I can make the Excel template available

"In this meal, 68% of the calories come from fat."

FOOD

food	100g kcal	100g fat	100g carbs	100g prot	portion g	portion kcal	portion g fat	portion g carbs	portion g prot	kcal fat	kcal carbs	kcal prot
tuna (one tin)	103	1.1	0.0	23.0	110	113	1.2	0.0	25.3	11	0	101
1 hb egg	136	9.1	0.1	13.6	50	68	4.6	0.1	6.8	41	0	27
mayo (2 tbsp)	710	77.4	2.2	1.0	30	213	23.2	0.7	0.3	209	3	1
cheddar (1 slice)	416	34.9	0.1	25.4	25	104	8.7	0.0	6.4	79	0	25
						498				339	3	155
										68%	**1%**	**31%**

Now we calculate the portion numbers (in blue)

For example, if there are 103 kcal in 100g of tuna,
how many kcal are there in our portion size of 110g?

food	100g kcal	100g fat	100g carbs	100g prot	portion g	portion kcal	portion g fat	portion g carbs	portion g prot
tuna (one tin)	103	1.1	0.0	23.0	110	113	1.2	0.0	25.3
1 hb egg	136	9.1	0.1	13.6	50	68	4.6	0.1	6.8
mayo (2 tbsp)	710	77.4	2.2	1.0	22.5	160	17.4	0.5	0.2
cheddar (1 slice)	416	34.9	0.1	25.4	25	104	8.7	0.0	6.4

= (103 X 110) / 100

Now we calculate the kcals per the portion grams:

portion kcal	portion g fat	portion g carbs	portion g prot	kcal fat	kcal carbs	kcal prot
113	1.2	0.0	25.3	11	0	101
68	4.6	0.1	6.8	41	0	27
213	23.2	0.7	0.3	209	3	1
104	8.7	0.0	6.4	79	0	25

There are **9** kcal per gram of fat: 11 = 1.2 X 9 (why fat is satiating)

There are **4** kcal per gram of carb and per gram of protein: 101= 25.3 X 4

Now add totals and percents:

portion kcal	portion g fat	portion g carbs	portion g prot	kcal fat	kcal carbs	kcal prot
113	1.2	0.0	25.3	11	0	101
68	4.6	0.1	6.8	41	0	27
213	23.2	0.7	0.3	209	3	1
104	8.7	0.0	6.4	79	0	25
498				339	3	155
				68%	**1%**	**31%**

339 / 498 = 68%