

# 7040 - Fat Intake Log Sheet



Every gram of fat contains 9 calories

Time: \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

Day	Breakfast		Morn. Snack		Lunch		Aft. Snack		Supper		Total Grams of Fat
	Food	Grams of Fat Unsat / Sat	Food	Grams of Fat Unsat / Sat	Food	Grams of Fat Unsat / Sat	Food	Grams of Fat Unsat / Sat	Food	Grams of Fat Unsat / Sat	
MON											
TUES											
WED											
THURS											
FRI											
SAT											
SUN											

**Out of your total calories per day 25-30% should come from fats.  
No more than 10% of this should come from saturated fats.**

Total Daily Caloric Intake \_\_\_\_\_ x 25-30% = \_\_\_\_\_ calories divided by 9 \_\_\_\_\_ grams of fat/day.

