

Counting Calories

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Here we are going to take a brief look at what is involved in counting calories. To count calories you'll need either software or books that list the breakdown of food items, if possible try to purchase software/books that list the food items from the country that you reside in as processed foods and certain meals tend to vary from country to country. There is a company in America called Nutri Genie that sells fairly comprehensive and affordable nutrition software that I have personally used for many years and although this American software doesn't list some of our Aussie cuisine, its still quite comprehensive and definitely worth having.

www.nutrigenie.biz

Calories & Kilojoules

1 kilojoule (kJ)	1000 joules
1 kilocalorie = 1000 calories	1 Calorie (1 Cal)
1 cal = 1 kcal	4.18 kJ

Converting to Calories

1 Gram of fat	9 Calories
1 Gram of protein	4 Calories
1 Gram of carbohydrate	4 calories
1 Gram of alcohol	7 calories

Here we are going to use a chicken and salad roll as an example.

Chicken & Salad Roll	Protein	Fat	Carbs
1 regular wholemeal bread roll	10.1	2.4	43.6
65 grams lean chicken breast	28.4	4.8	-
20 grams red capsicum	0.5	0.05	1
50 grams lettuce	0.25	0.1	1
20 grams onion	0.5	-	1.5
50 grams tomatoe	0.5	-	0.5
TOTAL GRAMS	40 gm	7.35 gm	47.6 gm

Protein - 40 grams x 4 calories = 160 calories

Fat - 7.35 grams x 9 calories = 66 calories

Carbohydrates - 47.6 grams x 4 calories = 190 calories

Total calories - 160 + 66 + 190 = 416 calories

Protein - 160 calories divided by total calories (416) times 100 = 38.4 %

Fat - 66 calories divided by total calories (416) times 100 = 15.9%

Carbohydrates - 190 calories divided by total calories (416) times 100 = 45.7%

Chicken & Salad Roll Total calories 416

38.4% protein (160 calories)

15.9% fat (66 calories)

45.7% carbohydrates (190 calories)