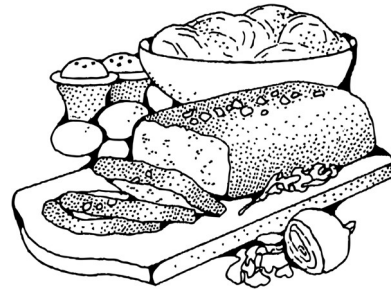Name: _____ Period: _____ Date: _____

Calorie King Tracking Sheet

DIRECTIONS: *For each of the items identified by the class as consumed in a "typical" day, list 1) the top 4 substances it contains and 2) the amount of each in grams (**1 mg = .0001g**) contained in that item. If a type of substance is broken down into subcategories just list the TOTAL for the overall category (for example, TOTAL FAT).*
        Resource: http://www.calorieking.com/

BREAKFAST		
ITEM	**Top 4 SUBSTANCES IT CONTAINS**	**AMOUNT (in g)**

LUNCH		
ITEM	**Top 4 SUBSTANCES IT CONTAINS**	**AMOUNT (in g)**

LIVING EARTH
mber
Integrated Biology

DINNER		
ITEM	**Top 4 SUBSTANCES IT CONTAINS**	**AMOUNT (in g)**
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SNACKS		
ITEM	**Top 4 SUBSTANCES IT CONTAINS**	**AMOUNT (in g)**
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SUMMARY – **COLUMN A:** List all the <u>different</u> substance found in this day's food.
COLUMN B: Determine the TOTAL amount (in grams) of each substance in the food for this typical day. **BOX C:** Add numbers in column B to find total grams of all substances consumed and enter in box C. **COLUMN D:** Calculate the % of total grams from Box C made up by each of the substances**: Column B value ÷ Box C value = % of total (column D.)**

A. SUBSTANCE	B. TOTAL for day (in g)	D. % of total
TOTAL (in grams) OF ALL SUBSTANCES =	C.	