**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/*

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| **BREAKFAST** | | |
| **ITEM** | **Top 4 SUBSTANCES IT CONTAINS** | **AMOUNT**  **(in g)** |
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| **LUNCH** | | |
| **ITEM** | **Top 4 SUBSTANCES IT CONTAINS** | **AMOUNT**  **(in g)** |
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| **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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| **A. SUBSTANCE** | **B. TOTAL for day (in g)** | **D. % of total** |
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| **TOTAL (in grams) OF ALL SUBSTANCES =** | **C.** |  |

***SUMMARY –*****COLUMN A:** List all the different 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.)**