

Calorie Counting

Carbohydrates and proteins have 4 calories per gram, and fats have 9 calories per gram.

1. If you want your calories to be 50% carbs, 30% protein, and 20% fat, how many grams of carbohydrates, protein, and fat should you eat per day if you want to consume 2400 calories?
2. If you want your calories to be 25% carbs, 20% protein, and 55% fat, how many grams of each should you have if you want to eat 1800 calories per day?

Answers:
1) Your diet should be 1200 calories of carbs (300 grams), 720 calories of protein (180 grams), and 480 calories of fat (about 53 grams).
2) Your diet should be 450 calories of carbs (about 113 grams), 360 calories of protein (about 90 grams), and 990 calories of fat (110 grams).