**What is My Food Made Of?**

After completing your spreadsheet, answer the following questions:

My Breakfast Breakdown:

1. Total # of calories: \_\_\_\_\_\_\_\_\_\_\_
2. % calories from fat \_\_\_\_\_\_\_\_\_\_\_
3. % calories from carbohydrates \_\_\_\_\_\_\_\_\_\_\_
4. % calories from protein \_\_\_\_\_\_\_\_\_\_\_

My Lunch Breakdown:

1. Total # of calories: \_\_\_\_\_\_\_\_\_\_\_
2. % calories from fat \_\_\_\_\_\_\_\_\_\_\_
3. % calories from carbohydrates \_\_\_\_\_\_\_\_\_\_\_
4. % calories from protein \_\_\_\_\_\_\_\_\_\_\_

My Dinner Breakdown:

1. Total # of calories: \_\_\_\_\_\_\_\_\_\_\_
2. % calories from fat \_\_\_\_\_\_\_\_\_\_\_
3. % calories from carbohydrates \_\_\_\_\_\_\_\_\_\_\_
4. % calories from protein \_\_\_\_\_\_\_\_\_\_\_

My Snacks Breakdown:

1. Total # of calories: \_\_\_\_\_\_\_\_\_\_\_
2. % calories from fat \_\_\_\_\_\_\_\_\_\_\_
3. % calories from carbohydrates \_\_\_\_\_\_\_\_\_\_\_
4. % calories from protein \_\_\_\_\_\_\_\_\_\_\_

On average, your meals contain

\_\_\_\_\_\_% fat \_\_\_\_\_% carbohydrates \_\_\_\_\_% protein