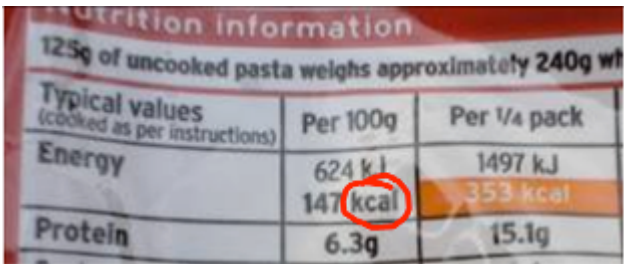


Labels and working with calories

You can find out the calorie content of wrapped and packaged food by looking at the **label**.

The labels usually show a number of '**kcal**' (short for kilocalories). These are often referred to as **calories**. There is also another number written as joules or as kJ (kilojoules). This is a different measure of energy in food, which is not the subject of this worksheet. You can work with joules in the same way as kilocalories if you wish.

Have a look at the example:

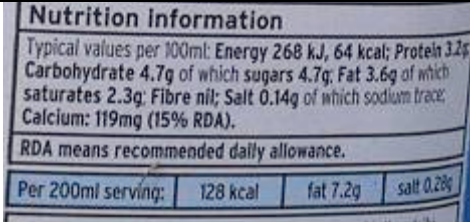


Typical values (cooked as per instructions)	Per 100g	Per 1/4 pack
Energy	624 kJ 147 kcal	1497 kJ 353 kcal
Protein	6.3g	15.1g

This egg pasta contains 147 calories in every 100 g (3½ ounces).

As you can see the information about calories on the label is buried amongst a lot of other information about the type of food in the packet.

It is also important to note that the number of calories given on the label is not for the whole packet. It is often given as 'per 100 g' or 'per 100 ml'. Sometimes (like some examples shown here) a 'typical serving' is given to help you calculate how many calories there are in a typical meal.



Nutrition Information
Typical values per 100ml: Energy 268 kJ, 64 kcal; Protein 3.2g; Carbohydrate 4.7g of which sugars 4.7g; Fat 3.6g of which saturates 2.3g; Fibre nil; Salt 0.14g of which sodium trace; Calcium: 119mg (15% RDA).
RDA means recommended daily allowance.

Per 200ml serving:	128 kcal	fat 7.2g	salt 0.28g
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This milk contains 128 kcal in 200 ml. This is a 1 pint (568 ml) carton of milk which contains about 360 kcal.

This can be worked out as:
 $128 \div 200 \times 568 = 363.52$, which is a little more than 360.

So if you were working out the calories in a ¼ pint glass of milk, you would divide 360 by 4.