
DETERMINING ENERGY DENSITY

The calculation to determine the energy density of a food is calories divided by grams. To determine the energy density of butter, divide 102 calories per serving by 15 grams to get an energy density of 6.8, making butter a very energy-dense food.

Butter

Serving Size: 1 Tbsp (15g)

Amount Per Serving

Calories 102 Calories from Fat 102

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 6g	30%
Cholesterol 30mg	9%
Sodium 117mg	6%
Total Carbohydrate	0%
Protein 0g	0%
<hr/>	
Vitamin A	9%

Not a significant source of fiber, sugars, vitamin C, calcium, iron, thiamin, riboflavin, and niacin.

*Percent Daily Values are based on a 2,000 calorie diet.

Diabetes Self-Management, "More Food, Less You" by Betty Kovacs, MS, RD

Copyright © 2010 R.A. Rapaport Publishing, Inc. All rights reserved.

No reproduction, distribution or transmission of any portion of this site is permitted without the express written permission of R.A. Rapaport Publishing, Inc.

Use of this site is subject to our Terms and Conditions and Privacy Policy. By using this site, you accept and agree to such Terms and Conditions and Privacy Policy.