



## 30% Fat Rule

It is recommended that swimmers should eat high carbohydrate low fat meals. Low fat is defined as food items with less than **30% fat by calories**. This is **NOT** the value that is presented by the food manufacturers, who display fat content by weight, which makes the foodstuff appear to be "healthier" than it usually is. How can you work out the real fat content in food, so that they can be accepted or rejected as appropriate?

### An easy way to calculation the true fat content of food:

Each gram of fat produces 9.3 kcal. This value is close to **10** which can be used as the "rule of thumb" value.

1. Look at the label on the food item and see how many **grams of fat it contains per serving**.
2. **Multiply the number of grams by 10** to calculate the number of kcal from fat per serving.
3. Look at the label for the **total energy, the number of kcal** per serving.
4. **Divide the kcal from fat by the total kcal and multiply by 100**.

You now have the **TRUE** fat content of the food stuff.

### Examples:

**1. McCain oven chips:** The front of the packet claims to be "LESS THAN 5% FAT".

The label shows that there are 5.4 grams of fat per serving. Our "rule of thumb" gives a value of 54 kcal per serving (5.4 x 10).

The label shows that there are a total of 163 kcal per serving.

The % fat content is, therefore, 54 divided by 163 times 100 = **33.1%**

**This is greater than 30%, therefore, these chips should be rejected by the swimmer.**

**2. Salad is an excellent food but what about the dressing?**

Be Good To Yourself Salad Cream (Sainsbury) claims to be "60% less Fat". Is this OK?

The label on the jar shows that a serving has 14.0g fat, which gives 140 kcal, from the "rule of thumb".

The total calories per serving is 210 kcal. 140 divided by 210 times 100 = **66.7%** Fat.

**Decision: Reject!**

**3. Baked Beans in Tomato Sauce (Tesco):**

A 100g portion provides 0.3g Fat = 3 kcal.

Total energy = 85 kcal

%Fat content = 3 divided by 85 times 100 = **3.5 %**

**Decision: Accept!**