

Rugger and his teammates are looking at the energy intake they get from food.

Energy is measured in calories or joules. (Though most foods state the energy in kilocalories and kilojoules.)

The following information shows how much energy is provided by each gram of protein, carbohydrate and fat.

❖	1g protein	4 kilocalories
❖	1g carbohydrate	3.75 kilocalories
❖	1 g fat	9 kilocalories

By using the above conversions, check the energy stated on the following products are correct.

1. **Crunchy Wheat typical values per 100grams**

Protein	12.3g
Carbohydrate	69.8g
Fat	7.4g
Energy	383 kcal/1600 kJ



- How many kilocalories of energy altogether would you get from a 100g packet?  
How does this compare to the kcal stated on the pack?
- How many kilocalories would you get from a 40g helping of Crunchy Wheat?
- How many kilocalories would you get from a 400g helping of Chunchy Wheat?
- Use the information above to find a rough conversion of kilocalories to kilojoules.