

**Breakfast Math**

Name \_\_\_\_\_ Class \_\_\_\_\_

Based on the recommendation that a breakfast should provide between 1/4 and 1/3 (fractions) of your daily protein and calories, use the food labels provided to determine your best breakfast to meet the recommendation.

**YOU SHOULD HAVE YOUR FRACTIONS CHECKED BEFORE GOING ANY FURTHER!**

For a 2000-calorie diet, I should have between

500 and 666 calories for breakfast.

**Compute for your gender only. . .**

Girls should have 46 grams of protein daily --- so I should have 11.5 to 15 grams of protein for breakfast.

Guys should have 56 grams of protein daily --- so I should have 14 to 19 grams of protein for breakfast.

Use food labels to select your ideal breakfast.

The following breakfast would meet the recommendations for me:

<b>Food item <u>with amount</u></b>	<b>Grams of Protein</b>	<b>Calories</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
<b><u>TOTALS</u></b>	_____	_____