



---

## Hunting for Hidden Calories

An easy way to check for hidden calories is to convert the grams listed for the three fuels into calories, add them up and compare the total to the calories per serving size listed on the label. If there is a difference, you will know the package of food contains substances other than protein, fat, and usable carbohydrates. Let's see how the refried beans measure up.

19 grams of total carbohydrates x 4 calories per gram = 76 calories

5 grams of protein x 4 calories per gram = 20 calories

0 grams of fat x 9 calories per gram = 0 calories

---

**Total calculated from grams per serving = 96 calories**

Since the can claims 100 calories per each 3.5 serving in the can, and each serving has 4 unaccountable calories, then you can assume that the can contains about 14 unaccountable calories. All we can say is that there is something else in that can worth 14 calories. Wonder what it is ... Fat information is easy to evaluate.

Because the saturated fat value is sub-listed, all you need to do to get a value for unsaturated fat is subtract the saturated value from the total fat value (unless the manufacturer voluntarily lists it). You should always try to select products that have more unsaturated than saturated fat. Cholesterol is listed separately and for good reason.

Keep in mind that cholesterol is a potentially harmful artery-clogging type of fat derivative only found in animal products. Since it does not have any calories, it can accumulate in the blood if it goes unchecked. You want to minimize it for the health of your arteries and heart.