

**Worksheet 17.13**  
**Determining Total Daily Calories Used So Far and**  
**Calculating How Many Calories Come from Grains and Legumes**

Storage Food Group	Typical Unit	Average Calories for Unit	Multiply by Total Pounds or Servings	Total Calories for Category
Milk products	Pounds	1,600	1,600 x _____ (total pounds) =	_____
Fats and oils	Pounds	4,000	4,000 x _____ (total pounds) =	_____
Vegetables	½-cup serving	50	50 x _____ (total servings) =	_____
Fruits	½-cup serving	75	75 x _____ (total servings) =	_____
Sugar	Pounds	1,800	1,800 x _____ (total pounds) =	_____
Eggs	1-egg serving	70	70 x _____ (total servings) =	_____
Meats	3-oz. serving	150	150 x _____ (total servings) =	_____
Combination foods and entrées	1-cup serving	200	200 x _____ (total servings) =	_____
Total Calories So Far =				_____
List total daily calories needed: (See table 17.1 and 17.2)				_____
Divide total calories so far by 365 to get daily calories needed: _____ ÷ 365 =				_____
Subtract daily calories so far from total daily calories to get remaining calories to come from grains and legumes: Total Daily Calories _____ - Daily Calories So Far _____ =				_____

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Refer to calculation 17.7 and table 17.15 on pages 145 and 146 in Crisis Preparedness Handbook to complete this table. Also decide how many servings of combination foods and entrées you desire.