

**Worksheet 17.9**  
**Determining the Amount of Sugar You Need**

Step 1	List the total daily calories for family.	_____
Step 2	List the percentage you want from sugar. The recommendation 10%–12%. Write it as a decimal (e.g., 12% = 0.12).	_____
Step 3	Multiply the total daily calories in step 1 times the percent as a decimal in step 2. This will give you the total daily number of calories from sugar.	_____
Step 4	Multiply the number of calories in step 3 by the number of days you want the sugar to last. For a year, multiply by 365; for three months, by 90; for six months, by 180, etc.	_____
Step 5	Divide the total calories from sugar in step 4 by 1,775. This is the total number of pounds of sugar you need. Use it in your calculations in worksheet 17.12.	_____

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Refer to tables 17. 1 and 17.2 on pages 123 and 124 in Crisis Preparedness Handbook to complete this table.