



Fat Gram Goal

Use the chart below to determine your daily fat gram goal. Try to stay within your goal!

Remember – 1 pound of fat = 3,500 calories! SO, if you want to lose 1 or 2 pounds per week, eat between 500 and 1,000 fewer calories each day.

Your Starting Weight (pounds)	Your Fat Gram Goal
174 pounds or less	33
175-219	42
220-249	50
250-299	55
300 pounds or more	55