How to count your Carbs



of Servings

Total Carbs (Per Serving)

of Servings



Total Carbs (Per Serving)

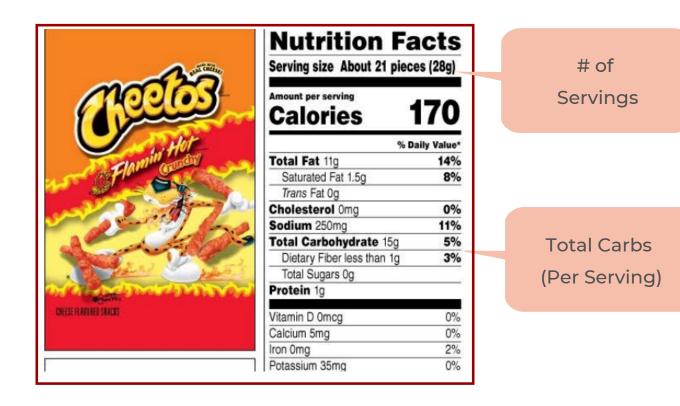


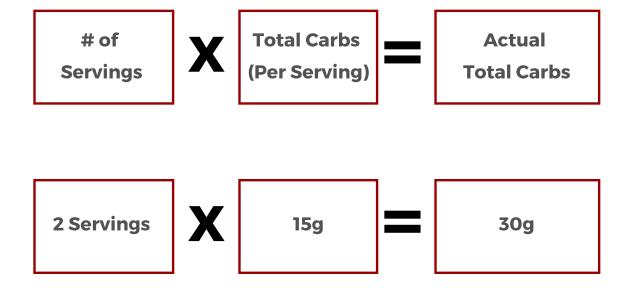
Actual
Total Carbs

Portion	Serving
There is no standard size to how big a portion is.	Nutrition experts developed standardized serving size guidelines to provide advice about how much to eat. For example, it has been determined that ½ cup of pasta makes 1 serving of pasta and 1 medium apple makes 1 serving of fruit.
For example, if you order spaghetti at two different restaurants, the portion you get at each place will probably not be the same.	

Example 1.

If you eat 42 Cheetos and each serving size is 21 according to the nutrition facts, you ate 2 servings.

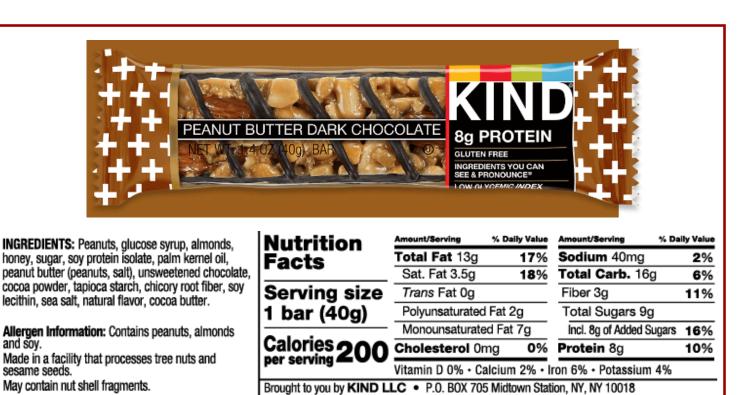


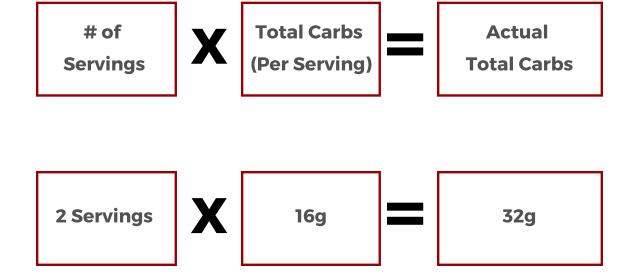


Example 2.

and soy.

If you eat 2 bars, what is the total amount of carbs?





Example 3.

Now let's say you eat $1 \frac{1}{2}$ cups of yogurt. What is the total amount of carbs?



of Servings

Total Carbs (Per Serving)

