

How to count your Carbs



Nutrition Facts	
Serving size About 21 pieces (28g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Total Sugars 0g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	2%
Potassium 35mg	0%

of Servings

Total Carbs (Per Serving)

# of Servings	X	Total Carbs (Per Serving)	=	Actual Total Carbs
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Portion	Serving
<p>There is no standard size to how big a portion is.</p> <p>For example, if you order spaghetti at two different restaurants, the portion you get at each place will probably not be the same.</p>	<p>Nutrition experts developed standardized serving size guidelines to provide advice about how much to eat.</p> <p>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.</p>

Example 1.

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

Nutrition Facts	
Serving size About 21 pieces (28g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Total Sugars 0g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	2%
Potassium 35mg	0%

of Servings

Total Carbs (Per Serving)

$$\begin{array}{|c|} \hline \text{\# of} \\ \text{Servings} \\ \hline \end{array} \times \begin{array}{|c|} \hline \text{Total Carbs} \\ \text{(Per Serving)} \\ \hline \end{array} = \begin{array}{|c|} \hline \text{Actual} \\ \text{Total Carbs} \\ \hline \end{array}$$

$$\begin{array}{|c|} \hline 2 \text{ Servings} \\ \hline \end{array} \times \begin{array}{|c|} \hline 15\text{g} \\ \hline \end{array} = \begin{array}{|c|} \hline 30\text{g} \\ \hline \end{array}$$

Example 2.

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



INGREDIENTS: Peanuts, glucose syrup, almonds, honey, sugar, soy protein isolate, palm kernel oil, peanut butter (peanuts, salt), unsweetened chocolate, cocoa powder, tapioca starch, chicory root fiber, soy lecithin, sea salt, natural flavor, cocoa butter.

Allergen Information: Contains peanuts, almonds and soy.

Made in a facility that processes tree nuts and sesame seeds.

May contain nut shell fragments.

Nutrition Facts

Serving size
1 bar (40g)

Calories **200**
per serving

Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat 13g	17%	Sodium 40mg	2%
Sat. Fat 3.5g	18%	Total Carb. 16g	6%
Trans Fat 0g		Fiber 3g	11%
Polyunsaturated Fat 2g		Total Sugars 9g	
Monounsaturated Fat 7g		Incl. 8g of Added Sugars	16%
Cholesterol 0mg	0%	Protein 8g	10%
Vitamin D 0% • Calcium 2% • Iron 6% • Potassium 4%			

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$$\begin{array}{|c|} \hline \text{\# of} \\ \text{Servings} \\ \hline \end{array} \times \begin{array}{|c|} \hline \text{Total Carbs} \\ \text{(Per Serving)} \\ \hline \end{array} = \begin{array}{|c|} \hline \text{Actual} \\ \text{Total Carbs} \\ \hline \end{array}$$

$$\begin{array}{|c|} \hline 2 \text{ Servings} \\ \hline \end{array} \times \begin{array}{|c|} \hline 16\text{g} \\ \hline \end{array} = \begin{array}{|c|} \hline 32\text{g} \\ \hline \end{array}$$

Example 3.

Now let's say you eat 1 ½ cups of yogurt. What is the total amount of carbs?



Nutrition Facts	
Servings Per Container About 5	
Serving Size ¾ cup (170g)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 55mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars 0%	
Protein 15g	
Vitamin D 0mcg	0%
Calcium 203mg	15%
Iron 1mg	6%
Potassium 254mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

of Servings

Total Carbs (Per Serving)

# of Servings	X	Total Carbs (Per Serving)	=	Actual Total Carbs
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___ Servings	X	___g	=	___g
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