

# KINETIX FOOD LABEL GUIDE

<b>Nutrition Facts</b>	
Serving Size 1 package 312g	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 318	Calories from Fat 54
% Daily Value*	
<b>Total Fat</b> 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 580mg	24%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 34g	%
Dietary Fiber 0g	0%
Sugars 3g	
<b>Protein</b> 32g	
Vitamin A	20%
Vitamin C	10%
Calcium	4%
Iron	15%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Pay attention to calories

- The nutrition facts information is written for 1 serving
- Find the total number of calories in each serving = 318.
- If this is a balanced food you will need to know this number to assign it a K-Count.

## Reach for healthy, wholesome carbohydrates.

- Find the number of total carbohydrate grams = 34
- Remember carbohydrates contain 4 calories per gram.
- The total calories from carbohydrates in this food is:  $34 \times 4 = 136$
- Find the percent of calories from carbohydrates.**  
Divide the number of calories from carbohydrates by the total calories in the serving of food.  $136 \div 318 = 42\%$  **calories from carbohydrates**
- Choose Complex Carbohydrates:**  
Complex carbohydrates are a better choice than simple ones. They contain much more fiber and are excellent sources of vitamins and minerals. Products containing whole grains are great sources of these macronutrients.

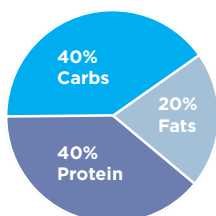
## Choose lean proteins.

- Find the total number of protein grams = 32
- Remember protein contains 4 calories per gram.
- The total number of calories from protein in the food is:  $32 \times 4 = 128$
- Find the percent of calories from protein.**  
Divide the number of calories from protein by the total calories in the serving of food.  $128 \div 318 = 40\%$  **calories from protein**

## Know your fats.

- Find the total number of fat grams = 6
- Remember fat contains 9 calories per gram.
- The total number of calories from fat in the food is:  $6 \times 9 = 54$
- Find the percent of calories from fat.**  
Divide the number of calories from fat by the total calories in the serving of food.  $54 \div 318 = 17\%$  **calories from fat**

With a macronutrient profile of 42|40|17 and 318 calories, this food is a K4.



[K1]	51 - 100	K-Balanced Calories
[K2]	101 - 200	K-Balanced Calories
[K3]	201 - 300	K-Balanced Calories
[K4]	301 - 400	K-Balanced Calories
[K5]	401 - 500	K-Balanced Calories