

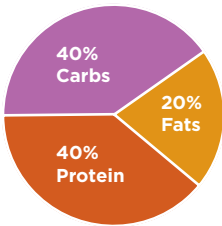
Use the Nutrition Facts label to help balance your meals:

START HERE

- Find the serving size = 1 package
- Many packages of food have more than one serving. If the servings per container are 2 or more, you will need to do some arithmetic.

Calories count, so pay attention to the amount.

- 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.



[K0]		
[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

Nutrition Facts

Serving Size 1 package 312g
Servings Per Container 1

Amount Per Serving

Calories 318 **Calories from Fat** 54
% Daily Value*

Total Fat 6g 9%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 70mg 23%

Sodium 580mg 24%

Potassium 700mg 20%

Total Carbohydrate 34g 11%

Dietary Fiber 0g 0%

Sugars 3g

Protein 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

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: $6 \times 9 = 54$

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: $34 \times 4 = 136$

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.

Simple carbohydrates found in cakes, candy, white flour products, such as white bread, pasta and processed cereal tend to be lower in fiber and micronutrients.

For protein, choose foods that are lower in fat.

- 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 carbohydrates.**
Divide the number of calories from carbohydrates by the total calories in the serving of food.
 $136 \div 318 = 42\%$ calories from carbohydrates
- **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

- **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
- This food has a macronutrient profile of 42|40|17
- Because it is k-balanced (40|40|20) it gets a k-count of [K4]. (there is a 5 point variance on each macronutrient)