

Understanding the Nutrition Facts Information

AdvoCare Meal Replacement Shake - Vanilla

NUTRITION FACTS

Serving Size: 1 pouch (2.08 oz / 59 g) [makes 9 fl oz prepared]

Servings Per Pouch: 1

Amount Per Serving

Calories 220 Calories from Fat 30

%DV*

Total Fat 3g 5%

Saturated Fat 5%

Trans Fat 0g

Cholesterol 40 mg 13%

Sodium 80 mg 3%

Potassium 600 mg 17%

Total Carbohydrate 24 g 8%

Dietary Fiber 5 g 20%

Sugars 12 g

Protein 24 g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

CALCULATING C:P:F: RATIO

Fat: Multiply Total Fat grams by 9: $3g \times 9 = 27$
 Divide 27 into Calories (220): 12% **Fat**

Carbohydrate: Multiply Total Carb grams by 4: $24g \times 4 = 96$
 Divide 96 into Calories (220): 44% **Carbs**

Protein: Multiply Total Protein grams by 4: $24g \times 4 = 96$
 Divide 96 into Calories (220): 44% **Protein**

AdvoCare Meal Replacement Shake ~ C:P:F: Ratio = 44:44:12

A nutritionally balanced food product will consist of a balance of carbohydrates, protein, and fats. The ideal C:P:F: (Carbohydrate:Protein:Fat) ratio is identified as 40:30:30. What the C:P:F: 40:30:30 ratio means is 40% of the total calories are derived from carbohydrates, 30% of the total calories are derived from proteins, and 30% of the total calories are derived from fats.



Meal Replacement Shake ~ C:P:F: Ratio = 44:44:12



BEWARE!!!



DO NOT LET THE CATCH PHRASES LOW-FAT, SUGAR-FREE, LOW-CARB, DOCTOR APPROVED OR OTHER "MARKETING TECHNIQUES" MISLEAD YOU REGARDING THE FOODS YOU ARE CHOOSING!

Have you ever calculated the C:P:F: ratio of some of the foods identified in national restaurant chains as "Low Carb"? IT IS **UNBELIEVABLE** WHAT YOU WILL DISCOVER!!! There is good reason why they DO NOT put the Fat content on the menu!

Try it some time! It will be a REAL eye-opener!

AdvoCare Meal Replacement Shake - Vanilla

NUTRITION FACTS



Serving Size: 1 pouch (2.08 oz / 59 g) [makes 9 fl oz prepared]

Servings Per Pouch: 1

Amount Per Serving

Calories **220** Calories from Fat 30
%DV*

Total Fat **3g** 5%

Saturated Fat **5%**

Trans Fat **0g**

Cholesterol **40 mg** 13%

Sodium **80 mg**
3%

Potassium **600 mg** 17%

Total Carbohydrate **24 g** 8%

Dietary Fiber **5 g** 20%

Sugars **12 g**

Protein **24 g**

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CARNATION INSTANT BREAKFAST

NUTRITION FACTS



Serving Size: 1 pouch (2.08 oz / 59 g) [makes 9 fl oz prepared]

Servings Per Pouch: 1

Amount Per Serving with 1cup Fat Free Milk

Calories **220** Calories from Fat 10
%DV*

Total Fat **1g**

Saturated Fat **0%**

Trans Fat **0g**

Cholesterol **1 mg**

Sodium **240 mg**

Potassium **320 mg**

Total Carbohydrate **40 g**

Dietary Fiber **0 g**

Sugars **35 g**

Protein **12 g**

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Notice differences in calorie composition!

CALCULATING C:P:F: RATIO

Fat: Multiply Total Fat grams by 9: $3g \times 9 = 27$
 Divide 27 into Calories (220): $27 \div 220 = 12\%$ **Fat**

Carb: Multiply Total Carb grams by 4: $24g \times 4 = 96$
 Divide 96 into Calories (220): $96 \div 220 = 44\%$ **Carbs**

Protein: Multiply Total Protein grams by 4: $24g \times 4 = 96$
 Divide 96 into Calories (220): $96 \div 220 = 44\%$ **Protein**

A nutritionally balanced food product will consist of a balance of carbohydrates, protein, and fats. The ideal C:P:F: (Carbohydrate:Protein:Fat) ratio is identified as 40:30:30. What the C:P:F: 40:30:30 ratio means is 40% of the total calories are derived from carbohydrates, 30% of the total calories are derived from proteins, and 30% of the total calories are derived from fats.



Meal Replacement Shake ~ C:P:F: Ratio = 44:44:12

CALCULATING C:P:F: RATIO

Fat: Multiply Total Fat grams by 9: $1g \times 9 = 9$
 Divide 9 into Calories (220): $9 \div 220 = 4\%$ **Fat**

Carb: Multiply Total Carb grams by 4: $20g \times 4 = 80$
 Divide 80 into Calories (220): $80 \div 220 = 36\%$ **Carbs**

Protein: Multiply Total Protein grams by 4: $12g \times 4 = 48$
 Divide 48 into Calories (220): $48 \div 220 = 22\%$ **Protein**

A nutritionally balanced food product will consist of a balance of carbohydrates, protein, and fats. The ideal C:P:F: (Carbohydrate:Protein:Fat) ratio is identified as 40:30:30. What the C:P:F: 40:30:30 ratio means is 40% of the total calories are derived from carbohydrates, 30% of the total calories are derived from proteins, and 30% of the total calories are derived from fats.



Carnation Instant Breakfast ~ C:P:F: Ratio = 73:22:4

WORKSHEET: Understanding the Nutrition Facts Information

FOOD ANALYZED: _____

NUTRITION FACTS

Serving Size: _____

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4

Amount Per Serving		
Calories _____		Calories from Fat _____
Total Fat	_____ g	_____ %
Saturated Fat	_____ %	
Trans Fat	0g	
Cholesterol	_____ mg	_____ %
Sodium	_____ mg	_____ %
Potassium	_____ mg	_____ %
Total Carbohydrate	_____ g	_____ %
Dietary Fiber	_____ g	_____ %
Sugars	_____ g	
Protein	_____ g	

CALCULATING C:P:F: RATIO

Fat: Multiply Total Fat grams by 9: _____ X 9 = _____
 Divide _____ by Total Calories _____ : _____ **Fat**

Carbohydrate: Multiply Total Carb grams by 4: _____ X 4 = _____
 Divide _____ by Total Calories _____ : _____ **Carbs**

Protein: Multiply Total Protein grams by 4: _____ X 4 = _____
 Divide _____ by Total Calories _____ : _____ **Protein**

A nutritionally balanced food product will consist of a balance of carbohydrates, protein, and fats. The ideal **C:P:F:** (Carbohydrate:Protein:Fat) ratio is identified as 40:30:30.

Definition of C:P:F: Ratio (40:30:30) =

40% of the total calories are derived from carbohydrates,
 30% of the total calories are derived from proteins
 30% of the total calories are derived from fats.

C:P:F: Ratio _____

