

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 X 9 = 27
	Divide 27 into Calories (220):	12% Fat
Carbohydrate:	Multiply Total Carb grams by 4:	24g X 4 = 96
	Divide 96 into Calories (220):	44% Carbs
Protein:	Multiply Total Protein grams by 4:	24g X 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 caloric content!

CALCULATING C:P:F: RATIO

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

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

Protein: Multiply Total Protein grams by 4: **24g X 4 = 96**
 Divide 96 into Calories (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 X 9 = 9**
 Divide 9 into Calories (220): **4% Fat**

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

Protein: Multiply Total Protein grams by 4: **12g X 4 = 48**
 Divide 48 into Calories (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: _____

Amount Per Serving

Calories _____ Calories from Fat _____

_____ %DV*

Total Fat _____ g _____%

Saturated Fat _____%

Trans Fat 0g

Cholesterol _____ mg _____%

Sodium _____ mg _____%

Potassium _____ mg _____%

Total Carbohydrate _____ g _____%

Dietary Fiber _____ g _____%

Sugars _____ g

Protein _____ g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4

CALCULATING C:P:F: RATIO

Fat:

Multiply Total Fat grams by 9: _____ X 9 = _____

Divide _____ into Calories _____ : _____ Fat

Carbohydrate:

Multiply Total Carb grams by 4: _____ X 4 = _____

Divide _____ into Calories _____ : _____ Carbs

Protein:

Multiply Total Protein grams by 4: _____ X 4 = _____

Divide _____ into 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. 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.

C:P:F: Ratio = _____

