

How to Read a Nutrition Label on the KETO DIET



Careful on serving size!
1/2 cup is smaller than you think!

Count Total Fat grams
Saturated, Monounsaturated and Polyunsaturated Fats are OK

Total Carbs 14 g
- Dietary Fiber 5 g
- Sugar Alcohols 5 g
Net carbohydrates 4 g

Count Protein grams



INGREDIENTS:

Milk and cream, eggs, erythritol, prebiotic fiber, milk protein concentrate, organic cane sugar, vegetable glycerin, organic vanilla extract, organic vanilla beans, sea salt, organic carob gum, organic guar gum, organic stevia

Artificial sweetener
(OK for KD)

Sugar Alcohol
Dietary Fiber

Sugar

Nutrition Facts

Serving Size 1/2 Cup (66g)
Servings Per Container 4

Amount Per Serving

Calories 60

Calories from Fat 18

% Daily Values*

Total Fat 2g

3%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 41mg

14%

Sodium 115mg

5%

Total Carbohydrate 14g

5%

Dietary Fiber 5g

20%

Sugars 4g

Sugar Alcohol 5g

Protein 6g

12%

Vitamin A 2%

Vitamin C 0%

Calcium 13%

Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.