



FOOD LABELS 4:

Servings

grab some food | make a smart decision

Serving Size

1

Nutrition Facts	
Serving Size	4 pieces (54g)
Servings Per Container	about 9
Calories	280

Macros & Micros

2

Amount	Per Serving	%Daily Value*	Amount	Per Serving	%Daily Value*
Total Fat	20g	31%	Total Carbohydrate	24g	8%
Saturated Fat	5g	25%	Dietary Fiber	1g	4%
Cholesterol	10mg	3%	Sugars	14g	
Sodium	180mg	8%	Protein	2g	
Vitamin A 0% •		Vitamin C 0% •	Calcium 0% •		Iron 6%

Ingredients

3

PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN, COTTONSEED), SUGAR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID), WATER, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, SOY FLOUR, WHOLEFAT MILK, NATURAL & ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, SALT, CORN SYRUP SOLIDS, WHEAT STARCH, SOY LECITHIN, SORBITAN MONOSTEARATE, GUAR GUM, POTASSIUM SORBATE (PRESERVATIVE), GLYCERINE, ANNATTO COLOR, CELLULOSE GUM, KARAYA GUM, MODIFIED TAPIOCA STARCH, TAPIOCA DEXTRIN, TURMERIC COLOR, XANTHAN GUM, POLYSORBATE 80, CARAMEL COLOR.

RRS2050 RICH FROSTED POPEMS 809

three parts of every single food label

Nutrition Facts

about 8 Servings Per Container

Serving Size 4 pieces (60g)

Amount per serving

Calories

330

% Daily Value*

Total Fat 26g **33%**

Saturated Fat 14g **70%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 8g

Cholesterol 10mg **3%**

Sodium 150mg **7%**

Total Carbohydrate 24g **9%**

Dietary Fiber <1g **3%**

Total Sugars 13g

Includes 13g Added Sugars **26%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 20mg 0%

Iron 1.1mg 6% • Potassium 100mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: VEGETABLE SHORTENING (PALM OIL), SUGAR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, HYDROGENATED VEGETABLE SHORTENING (PALM KERNEL AND/OR PALM), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), HYDROGENATED PALM KERNEL OIL, SOY FLOUR, INVERT SUGAR, MALTODEXTRIN, EGG YOLKS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ALUMINUM SULFATE), WHEAT MILK, CORN SYRUP SOLIDS, SALT, VANILLA FLAVOR, WHEAT STARCH, NATURAL & ARTIFICIAL FLAVORS, TAPIOCA STARCH, SOY LECITHIN, BUTTERMILK, MILK PROTEIN CONCENTRATE, POLYGLYCEROL ESTERS OF FATTY ACIDS, XANTHAN GUM, MONO- AND DIGLYCERIDES, POLYSORBATE 60, POTASSIUM SORBATE (PRESERVATIVE), CELLULOSE GUM, WHEAT GERM, GUAR GUM, LOCUST BEAN GUM, NUTMEG OIL, WHEY PROTEIN CONCENTRATE, WHEAT PROTEIN ISOLATE, SORBITAN TRISTEARATE, BETA CAROTENE (COLOR).

R19-056

CONTAINS WHEAT, SOY, MILK, EGG.



1

Get your serving size down to 1 “4 pieces/serving” = divide everything by 4

2

Total Carb – Sugar – Fiber = Complex Carbs

3

Protein, multiplied by 4 give you calories of protein

4

Saturated Fats – keep them below 7% per day

5

Types of Sugar
Make sure which additives are sweeteners or derived directly from sugar

6

Look for hidden ingredients! Typically trans fats (“hydrogenated”) and bean oils that appear first or second

STEP 1 of our gameplan

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Find out the complex carbs, which is **never** usually listed

Subtract “Total Sugars” & “Fiber” from “Total Carbohydrate”

6 step gameplan

Complex vs. simple Carbs:

Basically, we need to figure out is this is more simple carbs in the foods or more complex carb. This means we will eat most of it before (simple) or after (complex) an intense workout.

Or, maybe how much complex carbs to eat with our post-workout protein after a bout of work.

servings

Complex Carbs

Complex carbs should have their own section – it's *that* important to understand in foods.

Or, maybe how much complex carbs to eat *with* our post-workout protein after a bout of work.

servings

$$24 - (13+1) = 10 \text{ grams complex carbs}$$

If the food is **MORE SUGAR** (simple/"sugars) than complex, this is best eaten before hard exercise.

If the food is **MORE COMPLEX** eat after
or eat in 2/3 plate quantity of your post-cardio-workout
or eat in 1/3 plate quantity of your post-lifting-workout

servings

[!\[\]\(919a2cb85b99741a73c0c31a427236a8_img.jpg\) Intermittent fasting Breakdown here](#)

[!\[\]\(666e09182d4cd268646ea700ea60dcdf_img.jpg\) Join the next **kettlebell workout** Thursday free](#)

