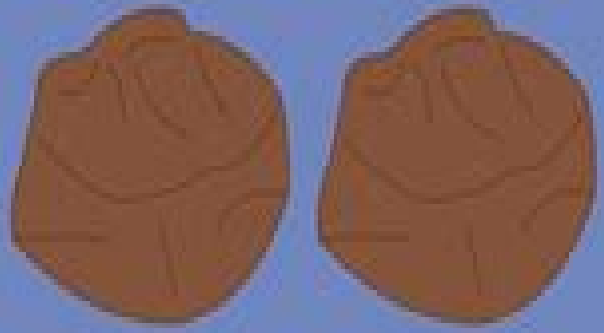
Calculate Calories From Carbs, Protein, Fat

Total calories from carbs = [(13g - 1g - 3g) x 4] + (1 x 2) + (3 x 2) = 44

Calories from fat = 7g x 9 cal/g = 63

Calories from protein = 2g x 4 cal/g = 8

Total Calories = 44 + 63 + 8 = 115



Serving size = 2 pieces

Nutrition Facts

12 servings per container

Serving size 2 pieces (25g)

Amount per serving

Calories 115

	% Daily Value*
Total Fat 7g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	11%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Sugar Alcohol 3g	
Protein 2g	4%

*The % Daily Value 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.

Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card

Marcel A. Müller

Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card:

Whispering the Strategies of Language: An Psychological Journey through **Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card**

In a digitally-driven world where screens reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases frequently get unheard. Yet, situated within the pages of **Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card** a interesting fictional value pulsing with natural feelings, lies a fantastic quest waiting to be undertaken. Written by an experienced wordsmith, that charming opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the cloth of each and every word. Within the emotional depths with this emotional review, we shall embark upon a honest exploration of the book is primary themes, dissect its fascinating writing fashion, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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