

Nutrition Facts

Sugar Free Candy Bar

Serving Size 1 bar (60 g)

Amount Per Serving

Calories 232 Calories from Fat 106

% Daily Value*

Total Fat	12 g	20%
Saturated Fat	7 g	60%
Cholesterol	13 mg	4%
Sodium	50 mg	2%
Total Carbohydrate	29 g	8%
Sugars	0 g	
Sugar Alcohol	18 g	
Protein	2 g	

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

	Calories: 2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram

Fat 9 - Carbohydrate 4 - Protein 4

The total carbohydrate tells how many grams of carbohydrate are in one serving. It includes the carbohydrate in fiber, sugars and sugar alcohols

Sugar alcohol is INCOMPLETELY absorbed. Estimate that only half of the sugar in sugar alcohol will be absorbed and impact your blood sugar.

In this example the total carbohydrate per serving will be 29 grams *MINUS ONE HALF (1/2)* the carbohydrate in the sugar alcohol.

One half of the sugar in the sugar alcohol per serving is:

$$18\text{g CHO} \div 2 = 9\text{ grams of CHO.}$$

So the TOTAL CARBOHYDRATE PER SERVING is:

$$29\text{ grams CHO} \textit{ minus } 9\text{ grams CHO for the sugar alcohol} = \underline{20\text{ grams CHO}}$$