

JOURNEYLITE

PHYSICIANSSM

To calculate your net carbs you subtract **FIBER** and **SUGAR ALCOHOLS** from the **TOTAL CARBOHYDRATES**:

Total Carbs
-Fiber
<u>-Sugar Alcohols</u>
= Net carbs

Using the label below, you would end up only counting 7 gm/net carbs after subtracting the fiber and sugar alcohols.

Just remember! SUGAR ALWAYS STAYS IN THE COUNT!

Nutrition Facts			
Serving Size 1 Bar (35g)			
Amount Per Serving		Vitamin A	10% • Vitamin C
Calories 130	Fat Cal. 45	Calcium	20% • Iron
% Daily Value*		Vitamin E	10% • Thiamin
Total Fat 5g	7%	Riboflavin	10% • Niacin
Saturated Fat 2g	9%	Folate	10% • Phosphorus
Trans Fat 0g		* Percent Daily Values are based on a 2,000 calorie diet.	
Cholesterol 0mg	0%	INGREDIENTS: SOY PROTEIN ISOLATE, APPLE PASTE (CONCENTRATED APPLE PUREE, SORBITOL, PALM KERNEL OIL, CORN STARCH, NATURAL FLAVOR, MALIC ACID, PECTIN, CALCIUM LACTATE, ASCORBIC ACID), SUNFLOWER LECTHIN, POLYDEXTROSE, YOGURT COATING (POLYDEXTROSE, PALM KERNEL OIL, NONFAT DRY MILK SOLIDS, YOGURT POWDER (CULTURED WHEY PROTEIN CONCENTRATE, CULTURED SKIM MILK, YOGURT CULTURE), SALT, SUCRALOSE, NATURAL FLAVOR), GLYCERIN, SUNFLOWER OIL, MILK PROTEIN ISOLATE, CORN STARCH, VITAMIN MINERAL MIX (TRICALCIUM PHOSPHATE, VITAMIN A PALMITATE, ASCORBIC ACID (VITAMIN C), NIACINAMIDE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, DL-ALPHA-TOCOPHERYL ACETATE (VITAMINE E)), WATER, NATURAL AND ARTIFICIAL FLAVORS, TAPIOCA STARCH, PALM KERNEL OIL, SALT, GROUND CINNAMON, SOY LECTHIN, PECTIN, WHOLE GRAIN ROLLED OATS, CALCIUM CARBONATE, XANTHAN GUM, OAT FIBER, TITANIUM DIOXIDE, SOYBEAN OIL, SUCRALOSE, WHEAT GERM. FROST CONTAINS SOY, MILK AND WHEAT.	
Sodium 140mg	6%		
Potassium 35mg	1%		
Total Carbohydrate 17g	6%		
Dietary Fiber 7g	28%		
Sugars 2g			
Sugar Alcohols 3g			
Protein 10g	20%		