

# The Difference Between

## TOTAL CARBS

# &

## NET CARBS

### WHAT IT MEANS

The total grams of carbohydrates in a food or meal.

### WHAT IT MEANS

Total grams of carbohydrates in any given food minus its grams of fiber and sugar alcohols.

### CALCULATE

$$\begin{array}{r} 12.8\text{g} \\ \text{TOTAL CARBS} \end{array} = \begin{array}{r} 12.8\text{g} \\ \text{TOTAL CARBS} \end{array}$$



1 CUP CAULIFLOWER RICE

### CALCULATE

$$\begin{array}{r} 12.8\text{g} \\ \text{TOTAL CARBS} \end{array} - \begin{array}{r} 10.1\text{g} \\ \text{FIBER} \end{array} - \begin{array}{r} 0\text{g} \\ \text{SUGAR} \\ \text{ALCOHOLS} \end{array} = \begin{array}{r} 2.7\text{g} \\ \text{NET CARBS} \end{array}$$



1 CUP CAULIFLOWER RICE