

# The Carb Calculator

## *The Formula*

$$\begin{aligned} & \text{— Grams of Carbs} \\ & \text{— Grams of Dietary Fiber} \\ & \hline & \text{= Grams of Storable Carbs} \end{aligned}$$

## *Example*

### Nutrition Facts

Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	170mg	<b>8%</b>
<b>Total Carbohydrate</b>	<b>22g</b>	<b>8%</b>
Dietary Fiber	5g	<b>17%</b>
Total Sugars	5g	
Includes 5g Added Sugars		<b>9%</b>



$$\begin{aligned} & \text{— 22g Carbs} \\ & \text{— 5g Dietary Fiber} \\ & \hline & \text{= 17g Storable Carbs} \end{aligned}$$