

Find Sunrise Growers Calories & Nutrition Facts | MyFitnessPal

Sunrise Growers, 140 gms

Calories: 90

•

Carbs: 24g

•

Fat: 0g

•

Protein: 1g

Sunrise Growers, 1 cup

Calories: 80

•

Carbs: 19g

•

Fat: 0g

•

Protein: 0g

Sunrise growers, 1 cup

Calories: 70

•

Carbs: 17g

•

Fat: 0g

•

Protein: 1g

Sunrise Growers, 1 medium (1/4 dia) / (12g)

Calories: 4

•

Carbs: 1g

•

Fat: 0g

•

Protein: 0g

sunrise growers, 120 g

Calories: 130

•

Carbs: 0g

•

Fat: 0g

•

Protein: 1g

Sunrise Growers, 0.5 cup

Calories: 40

•

Carbs: 10g

•

Fat: 0g

•

Protein: 0g

Sunrise Growers, 0.5 pouch

Calories: 150

•

Carbs: 0g

•

Fat: 0g

•

Protein: 1g

Sunrise Growers, 1 cup

Calories: 90

•

Carbs: 24g

•

Fat: 0g

•

Protein: 1g

Sunrise Growers, 1 cup

Calories: 70

•

Carbs: 18g

•

Fat: 0g

•
Protein: 0g

Sunrise Growers, 1 cup

Calories: 70

•
Carbs: 18g

•
Fat: 0g

•
Protein: 0g

Frozen Strawberries With Sugar Cup Calories, Carbs & Nutrition Facts | MyFitnessPal

Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat.

So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today.

Strawberries With Sugar Calories, Carbs & Nutrition Facts | MyFitnessPal

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Sunrise Growers Strawberries With Sugar: calories, nutrition analysis & more | Fooducate Healthy Weight Loss

- **Keto: net carbs 19g** If you are following a ketogenic diet (keto), you need to restrict your daily carbohydrate intake so that your body enters ketosis. For most people, this means less than 50 net carbs per day. Net carbs are calculated by subtracting fiber from total carbs. Example: A product with 26 grams of total carbohydrates and 9 grams of fiber will have 17 grams net carbs. Math equation: $26 - 9 = 17$ IMPORTANT: Net carbs are per serving. Make sure you know your serving size or else you may go over your planned intake and exit ketosis.
- **2 tsp of added sugars per serving** Added sugars are sugars and syrups that are added to foods or beverages as part of their preparation. They do not include naturally occurring sugars found in milk and fruits. Table sugar and high fructose corn syrup are examples of added sugars. Honey and maple syrup are also "added sugars" when added to food products. Per the FDA, they are not considered added sugars when sold as single ingredient products. However, at Fooducate we still consider them added sugars because they are basically the same as table sugar in terms of nutrition. The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For women: 100 calories (25 grams, 6 tsp per day) For men: 150 calories (37 grams, 9 tsp per day) The FDA is more "generous", the Daily Value for added sugars is 200 calories (50 grams, 12 tsp per day). Here at Fooducate, we suggest sticking to the stricter option (only 25 grams per day for women, 37 grams for men). More info
- **4 tsp of sugars per serving** This includes both naturally occurring and added sugars. According to the USDA, every man woman and child in the US consumes approximately 80 pounds of caloric sweeteners per year! That works out to 25 tsp of sugars per day, or 400 extra

calories! More info

- For dieters: FoodPoints value is $2 * \text{FoodPoints a}$