Protein per serving. Keep the portion in view.

Snack-label edition · 8 September 2026. Use this sheet beside your own pack. These US manufacturer examples are labelled portions, not suggested amounts to eat.

Three label examples

Quest product	Labelled portion	Protein	Calories
Nacho Cheese Chips	1 bag (32 g)	**18 g**	150 kcal
Cookie Dough Bar	1 bar (60 g)	**21 g**	190 kcal
Chocolate Chip Cookie	1 cookie (59 g)	**15 g**	240 kcal

Read protein alongside calories, fiber, saturated fat, sodium and added sugars. Check ingredients and allergens on the pack. Recipes and labels can change.

Adjust the portion

Protein in your portion = labelled protein × your portion weight ÷ labelled serving weight. Use grams for both weights.

Example: 20 g protein per 100 g × 50 g ÷ 100 g = **10 g protein**. These are illustrative numbers. Apply the same arithmetic to other listed nutrient amounts.

Before you buy

- ☐ Find the serving size and the number of servings in the pack.
- ☐ Match the label to the portion you plan to eat.
- ☐ Read protein alongside calories, fiber, saturated fat, sodium and added sugars.
- ☐ Check ingredients and allergen information on your own pack.
- ☐ Compare price per portion, then choose for your preferences and budget.

Sources and the full guide

The product names above link to their manufacturer labels. FDA: serving sizes · FDA: understanding the label. Values checked 8 September 2026. No taste or laboratory testing; no affiliate links.

proteinring.com/assets/protein-per-serving-cheat-sheet
Find the latest sheet and the full snack-label guide at this address. To record meals, see how Protein Ring works.