

Patients on a less restrictive modified Atkins diet may find these household measurements useful. Please note that **these values are approximate**. A gram scale is highly recommended for patients on a classical ketogenic diet in order to ensure the most accurate measurements.

**KetoCal 3:1 Powder**

1 cup	87 g
1/2 cup	44 g
1/3 cup	29 g
1/4 cup	22 g
1 Tablespoon	5.5 g



**KetoCal 4:1 Powder (renovated 2016)**

1 cup	89 g
1/2 cup	46 g
1/3 cup	32 g
1/4 cup	24 g
1 Tablespoon	5.5 g



Household measures\* are based on standard dry measures. All measures are level and unpacked. These values are approximations only and have been provided for convenience; results can vary significantly based on the individual, device, and method. Nutricia North America recommends using a scale for greatest accuracy.

\*Dry household measures: 1 cup = 240 mL; ½ cup = 120 mL, 1/3 cup = 80 mL; ¼ cup = 60 mL; 1 Tbsp = 15 mL