



It's often the "crunch" that catches people out – and that's the way some food companies like it. Consumers have been carefully trained over the last few decades to reach for those almost addictive crunchy snacks, and most of them are loaded with simple carbs and way too many calories. Blood sugar spikes and weight gain inevitably follows. So it's Silhouette Staples to the rescue. Our BBQ Puffs have 15 grams of protein, 3 grams of sugars and 120 calories, so not only are they tasty and crunchy, they're also perfectly balanced for weight loss, not weight gain. Why risk the consequences of poorly designed snacks, when you can get Carefully Calibrated Foods through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your silhouette solution™

Ingredients: Textured soy (soy protein isolate, tapioca flour, sugar, calcium carbonate), sunflower oil, seasoning (sugar, salt, autolyzed yeast extract, onion powder, dextrose, torula yeast, tomato powder, sodium diacetate, garlic powder, paprika, hydrolyzed plant protein (contains wheat), natural flavor, citric acid, silicon dioxide, spice, smoke flavor, grill flavor). **Allergen Statement:** May contain milk and eggs.

Nutrition Facts

Serving Size: 1 packet 1.06 oz (30g)
Servings per container: 7

Amount/Serving		Calories from fat 30	
Calories 120		% Daily Value*	
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 420mg			18%
Potassium 110mg			3%
Total Carbohydrate 8g			3%
Dietary Fiber 0g			0%
Sugars 3g			
Protein 15g			28%
Vitamin A			10%
Vitamin C			0%
Calcium			30%
Iron			10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4