



People have been convinced to start their day with a breakfast cereal, but almost all store-bought cereal is loaded with sugar or other simple carbs, and typically very low in protein. That can get your day straight into the sugar highs and lows you know it's better to avoid. That's why Silhouette Staple Breakfast Cereals are loaded with protein, making them a good source of this essential nutrient that staves off hunger. Furthermore, the portion is very precisely controlled, so you'll get exactly what you need. And because there are 4 grams of carbs that qualify as sugars, it won't spike your blood sugar. Why risk store-bought cereals when you can get Carefully Calibrated Foods through the Silhouette Solution?

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

Ingredients: Whole grain rolled oats, soy protein isolate, wheat flour, sugar, wheat gluten, soybean oil, pecans, natural and artificial flavors, cocoa (processed with alkali), fructooligosaccharide, palm oil, molasses, whey protein concentrate (derived from milk), chocolate liquor, sucralose (non-nutritive sweetener), soy lecithin, sodium bicarbonate, salt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. **Allergen Statement:** May contain traces of eggs and sulfites.

Nutrition Facts

Serving Size: 1 packet 1.06 oz (30.0g)
Serving per container: 7

Amount/Serving		% Daily Value*	
Calories	130	Calories from fat	30
Total Fat	3g		5%
Saturated Fat	0.5g		2%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	75mg		3%
Potassium	135mg		4%
Total Carbohydrate	15g		5%
Dietary Fiber	2g		7%
Sugars	5g		
Protein	11g		21%
Vitamin A			0%
Vitamin C			0%
Calcium			2%
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