



Almost everyone loves candy treats, and they know they're "not good for them." But they eat them anyway, not just because they're tasty and satisfy people's sweet tooth, but because they've been trained for years by food companies and advertisers to keep on eating. That's why candy treats are one of the main causes of weight gain in the US. Candy is loaded with what are called "empty calories" (ones that have no nutritional value) and most of the content is simple carbs that spike blood sugar and turn into fat. So it's Silhouette Staples to the rescue. Chocolate Puffs have 15 grams of protein, 8 grams of sugar and 150 calories, so not only are they tasty and crunchy, they're also beautifully 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: Soy puffs (soy protein isolate, rice flour, cocoa (processed with alkali), calcium carbonate, natural flavor), chocolate flavored coating (sugar, palm and palm kernel oils, whey protein isolate (derived from milk), cocoa (processed with alkali), soy lecithin, natural and artificial flavors, sucralose (non-nutritive sweetener)). **Allergen Statement:** Manufactured on equipment that also processes peanuts, tree nuts, eggs, wheat and barley.

Nutrition Facts

Serving Size: 1 packet 1.2 oz (35g)
Serving per container: 7

Amount/Serving		Calories from fat 60	
Calories 150		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 4.5g			25%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 170mg			7%
Potassium 150mg			4%
Total Carbohydrate 11g			4%
Dietary Fiber 1g			4%
Sugars 8g			
Protein 15g			29%
Vitamin A			0%
Vitamin C			0%
Calcium			20%
Iron			15%

* 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