



Everybody knows the benefits of oatmeal: it's hearty, filling, and heart healthy. But most store-bought oatmeal is loaded with sugar or other simple carbs, and typically very low in protein. It can get your day straight into the sugar highs and lows that you should avoid. That's why Silhouette Staple Cinnamon Apple Oatmeal is loaded with protein, making it 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 oatmeal when you can get Carefully Calibrated Foods through the Silhouette Solution?

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

Ingredients: Protein blend (whey protein concentrate, pea protein isolate, milk protein isolate), oat flakes, oat bran, apple flakes (sulfites), fructooligosaccharide, natural and artificial flavors, cinnamon, honey, salt, sucralose (non nutritive sweetener), soy lecithin, sugar. **Allergen Statement:** May contain eggs and wheat.

Nutrition Facts

Serving Size: 1 packet 1.39 oz (39.5g)
Serving per container: 7

Amount/Serving		Calories from fat 20	
Calories 150		% Daily Value*	
Total Fat 2g			3%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 310mg			13%
Potassium 135mg			4%
Total Carbohydrate 17g			6%
Dietary Fiber 4g			16%
Sugars 4g			
Protein 15g			26%
Vitamin A			2%
Vitamin C			0%
Calcium			6%
Iron			14%

* 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