



It's often the "crunch" that catches people out – and that's the way most 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 fat calories. Blood sugar spikes and weight gain inevitably follow. So it's Silhouette Staples to the rescue. Our savory 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), seasoning [onion powder, dextrose, salt, buttermilk, sour cream powder [sour cream (cream, milk ingredient, bacterial culture), citric acid], torula yeast, modified corn starch, skim milk, spice, lactic acid, garlic powder, artificial flavor, citric acid], sunflower oil. **Allergen Statement:** May contain wheat and eggs.

## Nutrition Facts

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

Amount/Serving	
<b>Calories</b> 120	Calories from fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
<b>Protein</b> 15g	<b>28%</b>
Vitamin A	0%
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