

WEIGHT MANAGEMENT

BodyKey™ Snacks

Select a flavor to view Nutrition Facts:

- Mixed Nuts & Pumpkin Seeds 11-0340
- Whole Grain Tortilla Chips 11-0339
- Slim Popcorn 11-0112

Mixed Nuts & Pumpkin Seeds 11-0340

Nutrition Facts

Serving Size: 1 Bag

Amount Per Serving

Calories 200 Calories from Fat 150

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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	
Saturated 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

INGREDIENTS: Almonds, cashews, pumpkin seeds, pistachios, vegetable oil (may contain one or more of the following: peanut and/or canola oil), salt.

Contains almonds, cashews, pistachios.

Packed on shared equipment with peanuts, tree nuts, wheat, soy, milk and egg.



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Whole Grain Tortilla Chips 11-0339

Nutrition Facts

Serving Size: 1 Bag

Amount Per Serving

Calories 210 Calories from Fat 110

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 24g **8%**

Dietary Fiber 3g **13%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
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		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated 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

INGREDIENTS: Whole grain brown rice, expeller pressed vegetable oil (sunflower, safflower and/or canola), whole grain corn flour, rice flour, sesame seed, brown flaxseed, golden flaxseed, cane sugar, oat fiber, sea salt, chia seed.

Produced in a facility that uses milk, soy, wheat, peanut and tree nuts.



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Slim Popcorn 11-0112

Nutrition Facts

Serving Size: 1 Bag			
Amount Per Serving			
Calories	110	Calories from Fat 70	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	95mg		4%
Total Carbohydrate	10g		3%
Dietary Fiber	3g		12%
Sugars	0g		
Protein	2g		4%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	3%
*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
Saturated 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

INGREDIENTS: Popcorn, sunflower oil, sea salt, green tea extract.

