

CarbSense



CarbSense
SOY

Multi-Grain

Tortilla Chips

Original
Flavor

Half the Carbs —
All the Flavor!

Each serving contains:
Only 8g net carbohydrates
4g protein
4g fiber
Omega3 fatty acids

NET WT. 6 OZ (168g)

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Pico de Gallo Flavor

Pico De Gallo (pronounced PEE-koh day GI-yoh) is a Mexican term, meaning "Rooster's Beak." It is a relish, or salsa, made of chopped fruits and vegetables such as tomatoes, cucumbers, chili peppers, jicama, onions, bell peppers and even oranges, along with traditional Latin seasonings. It received its dubious name when, according to legend, it was once commonly eaten with the thumb and finger, which resembles the motion of a rooster's pecking beak.

We've captured the zesty, authentic flavor of traditional Pico de Gallo in our scrumptious CarbSense Soy Tortilla Chips. They leave a lot to crow about, including lots of heart-healthy fiber, protein and Omega 3 fatty acids, with just 8 grams of refined carbohydrates per serving. Enjoy!

Feeling Good and Finding Balance

Watching your intake of refined carbohydrates is one of the easiest and most effective ways for you to find balance in your life, helping you to feel better than ever. Refined carbohydrates are sugars and starches that, when eaten, raise your blood sugar level. The consumption of excess refined carbohydrates often leads to fatigue, and even the desire to eat more. Imagine not needing that mid-afternoon pick-me-up, because your system is satisfied and in balance. Millions of people have discovered what a difference controlling their carbohydrate intake can make.

At CarbSense Foods, we make it easy for you to enjoy the foods you love, while watching your carbohydrates, helping you to feel and be your very best.



Nutrition Facts

Serving Size: About 18 chips (28g)
 Servings per Container: About 6

Amount per Serving		% Daily Value*	
Calories	145	Calories from Fat	80
Total Fat	9g		14%
Saturated Fat	1g		6%
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrates	12g**		4%
Dietary Fiber	4g		16%
Sugars	0g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily intake 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
Total Carb.	Less than	300g	300g
Dietary Fiber		25g	30g

Calories per gram
 Fat 9 Carbohydrates 4 Protein 4

* Net Carbs are the carbohydrates that effect blood sugar levels, and do not include other carbohydrates, such as fiber, that have a minimal effect. CarbSense Soy Tortilla chips have 12 grams of total carbohydrates and 4 grams of fiber, for a total net carb count of 8 grams.

INGREDIENTS: Stone Ground Corn Flour, Rice Flour, Safflower Oil, Soy Protein Concentrate, Beans, Chili Peppers, Spices, Salt, Sesame Seeds, Sunflower Seeds, Flax Seeds.

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