WiO SMARTFOODS

Chocolate Chip

COOKIES

LOW-CARB • FAT-FREE

SUGAR-FREE

6 Cookies

Net Wt. 270g (9.5 oz)

2G	0G	15	2G
CARBS†	FAT†	CALORIES†	PROTEIN

Simply a Better Cookie

VS

Traditional Cookie	WiO SMARTFOODS
160 Calories	15 Calories
22g Carbs	2g Carbs
8g Fat	0g Fat
11g Sugar	0g Sugar

KEEP FROZEN OR CHILLED UNTIL READY TO SERVE

INGREDIENTS: WiO All-Purpose Flour, Butter, Chocolate Chips, Eggs, Vanilla, WiO Fat Inhibitor™ (modified Alpha-Cyclodextrin plant extract), WiO Smart & Sweet™ (Tagatose, Soluble Fiber, Allulose, Stevia), Milk, WiO Macro Carbohydrate Enzyme Inhibitor™ (Cissus veldt grape extract), Salt, Maple Emulsion, Natural Preservative: Acetic Acid (bacterial fermented vinegar concentrate), Lactic Acid (milk acid concentrate), Molasses distillate, Cane distillate. Processed on equipment that also packages products that may contain egg, nuts, milk, wheat.

NUTRITION FACTS:
Serving size: 1 cookie. Servings per package: 6. Amount per Serving: **Calories 180**, Total Fat 9g (12% DV), Saturated Fat 6g (30% DV), Trans Fat 0g (0% DV), Cholesterol 35mg (12% DV), **Sodium** 120mg (5% DV), Potassium 0mg (0% DV), **Total Carb.** 21g (16% DV), Dietary Fiber 3g (11% DV), Sugars 0g, **Protein** 3g. Percent Daily Values are based on a 2,000 calorie diet.

Digestibility Corrected is necessary due to the use of 100% all-natural plant extracts that reduce the digestibility of carbohydrates and fats.

LOW-CARB KETO-FRIENDLY

Digestive† Facts

6 servings per package
Serving size: 1 cookie (45g)

Amount Per Serving	
Calories	**15**
	% Daily Value*
Total Digested Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Cholesterol 0g	0%
Sodium 138mg	6%
Total Carbs 21g	7%
Dietary Fiber 4g	16%
All-natural Inhibiting Fiber 15g	
Digested Net Carbohydrates 2g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 2g	
Calcium 0%	Potassium 0%
Vitamin D 4%	Iron 0%

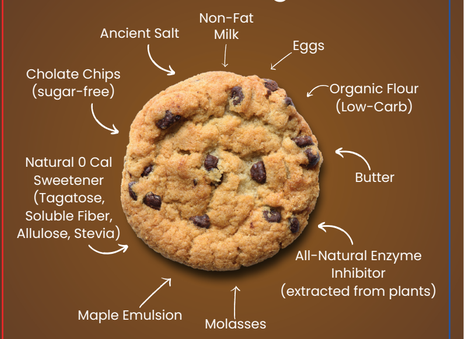
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calorie a day is used for general nutrition

† **Digestive Facts** = nutritional results of WiO's proprietary inhibiting fibers

This food is not intended to diagnose, treat, cure or prevent any disease. Has not been evaluated by the FDA.

All-Natural • High Fiber

Better For You Ingredients



No Added Sugar

No Harmful Preservatives

Zero Fat

WiO SMARTFOODS

KETO

Chocolate Chip

COOKIES

SUGAR-FREE • FAT-FREE • LOW-CARB

NET CARB CALCULATOR

21G (TOTAL CARBS) - 19G (ALL FIBERS) = 2G (NET CARB)

2G	0G	15	2G
CARBS†	FAT†	CALORIES†	PROTEIN

DIGESTIBILITY CORRECTED, EXPLAINED IN 30 SEC.

Learn about this term the FDA adopted into the **Code of Federal Regulations** in 1993 to indicate that not all macros may be digested, and why WiO uses it.

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WiO SMARTFOODS

★★★★★

"TASTY COOKIE! Can't tell any difference, they are the real thing." —Melissa L.

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Manufactured in the USA by WiO SmartFoods™ • wiodiet.com

WiO SMARTFOODS