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live healthy, live well



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SUPERFOOD SNACKS

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KUNA POPS!

SNACKIN' ON SUPERFOODS®

SWEET OR SALTY? YOUR CHOICE

DOES GOOD TASTE GOOD



JUST FEW
INGREDIENTS

PLANT
BASED
PROTEIN

ALLERGEN
FREE



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SALTY SNACKS



Nutrition Facts Valeur nutritive

Per 1 3/4 Cups (35g) / Pour 1 3/4 tasses (35g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 153	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Omega-6 Polyunsaturated / polyinsaturés oméga-6	0.1 g
Omega-3 Polyunsaturated / polyinsaturés oméga-3	0.1 g
Monounsaturated / monoinsaturés	0.1 g
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 180 mg	8 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres <1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	7 %
Iron / Fer	5 %

White Cheddar Cheddar Blanc

Ingredients: Rice Flour, Quinoa Flour, Chia Seeds, High Oleic Sunflower Oil, Natural Seasoning (White cheddar).
Ingrédients : Farine de riz, farine de quinoa, grains de chia, huile de tournesol à teneur élevée en acide oléique, assaisonnement naturel (Cheddar Blanc).

Spicy Chili Chili épicé

Ingredients: Rice Flour, Quinoa Flour, Chia Seeds, High Oleic Sunflower Oil, Natural Seasoning (Spicy Chili).
Ingrédients : Farine de riz, farine de quinoa, grains de chia, huile de tournesol à teneur élevée en acide oléique, assaisonnement naturel (Chili épicé).

Tomato & Basil Tomate et Basilic

Ingredients: Rice Flour, Quinoa Flour, Chia Seeds, High Oleic Sunflower Oil, Natural Seasoning (Tomato and Basil).
Ingrédients : Farine de riz, farine de quinoa, grains de chia, huile de tournesol à teneur élevée en acide oléique, assaisonnement naturel (tomate et basilic).

ALL
NATURAL
NOTHING FAKE

PLANT
BASED
PROTEIN

FREE
FROM TOP 7
ALLERGENS
NOT DAIRY FREE

DOES
GOOD

Unit Wt: 35 g / 1.2oz Mastercase Pack: 12 units
Unit Wt: 99g / 3.5oz Mastercase Pack: 10 units

SWEET SNACKS



Nutrition Facts Valeur nutritive

Per 2/3 cup (30 g) / pour 2/3 tasse (30 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 0.5 g*	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	
Protein / Protéines 2 g	
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %
Vitamin C / Vitamine C 11 mg	12 %
Vitamin A / Vitamine A 48 ug	5 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Banana Banane

Ingredients: Rice flour, Quinoa flour, Brown sugar, Chia seeds, Banana natural flavour, Vitamin C.
Ingrédients : Farine de riz, Farine de quinoa, Cassonade, Graines de chia, Arôme naturel de banane, Vitamine C.

Apple & Cinnamon Pommes et Cannelle

Ingredients: Rice flour, Quinoa flour, Brown sugar, Chia seeds, apples and cinnamon natural flavour, Vitamin C.
Ingrédients : Farine de riz, Farine de quinoa, Cassonade, Graines de chia, Arômes naturels de pommes et de cannelle, Vitamine C.

Chocolate Chocolat

Ingredients: Rice flour, Quinoa flour, Brown sugar, Chia seeds, Alkaline cocoa powder, chocolate natural flavour, Vitamin C.
Ingrédients : Farine de riz, Farine de quinoa, Cassonade, Graines de chia, Poudre de cacao alcalin, Arôme naturel de chocolat, Vitamine C.

ALL
NATURAL
NOTHING FAKE

PLANT
BASED
PROTEIN

JUST FEW
INGREDIENTS

DOES
GOOD

May contain: Milk, Peanuts, Tree nuts, Wheat.
Peut contenir: Lait, Arachides, Noix, Blé.

Unit Wt: 70 g / 2.4oz Mastercase Pack: 10 units




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SUPERFOOD CEREALS

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CHOCOLATE

ME-- 100% Live Food

KUNA
PROPSI

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BREAKFAST CEREAL



KunaPops SUPERFOOD CEREAL Chocolate

Ingredients: Rice flour, quinoa flour, Brown sugar, Chia seeds, Cacao powder, Chocolate natural flavour, Vitamin C.

Nutrition Facts	
About 9 servings per container	
Serving size	2/3 cup (30g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 26g	10%
Dietary Fiber 4g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	8%
Iron 0mg	0%
Potassium 0mg	0%

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



KunaPops SUPERFOOD CEREAL Banana

Ingredients: Rice flour, Quinoa flour, Brown sugar, Chia seeds, Banana natural flavour, Vitamin C.

Nutrition Facts	
About 9 servings per container	
Serving size	2/3 cup (30g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 26g	10%
Dietary Fiber 4g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	8%
Iron 0mg	0%
Potassium 0mg	0%

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



KunaPops SUPERFOOD CEREAL Apple & Cinnamon

Ingredients: Rice flour, Quinoa flour, Brown sugar, Chia seeds, apples and cinnamon natural flavour, Vitamin C.

Nutrition Facts	
About 9 servings per container	
Serving size	2/3 cup (30g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 26g	10%
Dietary Fiber 4g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	8%
Iron 0mg	0%
Potassium 0mg	0%

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

**FEW
INGREDIENTS**
NOTHING FAKE

**ALL
NATURAL**
NO PRESERVATIVES
OR ADITIVES

**PLANT BASED
PROTEIN**

**NO
CHOLESTEROL**
LOW SODIUM
& SUGARS

May contain: Milk, Peanuts, Tree nuts, Wheat.

Unit Wt: 255 g / 9oz Mastercase Pack: 3 units



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SUPERFOOD PASTA

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-SUPERFOOD- PASTA



High in Protein & Fibre - Multigrain Pasta

A unique combination of seeds, grain, pulses and vegetables to delight your senses.



White Beans + Quinoa

INGREDIENTS: White beans flour, Rice flour, Quinoa flour.

Type of pasta: Fusilli
Unit Wt: 227g (8 oz)
Master Pack: 6 units

GLUTEN FREE PLANT BASED HIGH PROTEIN & FIBRE Protein 15g per serving



Chickpeas + Chia

INGREDIENTS: Chickpea flour, Buckwheat flour, Chia flour.

Type of pasta: Cornetti
Unit Wt: 227g (8 oz)
Master Pack: 6 units

GLUTEN FREE PLANT BASED HIGH PROTEIN & FIBRE Protein 18g per serving



Kale

INGREDIENTS: Rice flour, Corn flour, Kale flour.

Type of pasta: Fusilli
Unit Wt: 227g (8 oz)
Master Pack: 6 units

GLUTEN FREE PLANT BASED MULTI GRAIN READY IN 8 MINUTES



Quinoa

INGREDIENTS: Rice flour, Corn flour, Quinoa flour.

Type of pasta: Fusilli
Unit Wt: 227g (8 oz)
Master Pack: 6 units

GLUTEN FREE PLANT BASED MULTI GRAIN READY IN 8 MINUTES



Amaranth

INGREDIENTS: Rice flour, Corn flour, Amaranth flour.

Type of pasta: Fusilli
Unit Wt: 227g (8 oz)
Master Pack: 6 units

GLUTEN FREE PLANT BASED MULTI GRAIN READY IN 8 MINUTES

Nutrition Facts	
About 3 servings per container	
Serving size	1 cup (85g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 43g	14%
Dietary Fibre 7g	30%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	

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

Nutrition Facts	
About 3 servings per container	
Serving size	1 cup (85g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 54g	18%
Dietary Fibre 19g	76%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	

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

Nutrition Facts	
About 3 servings per container	
Serving size	1 cup (85g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 67g	22%
Dietary Fibre 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	

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

Nutrition Facts	
About 3 servings per container	
Serving size	1 cup (85g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 69g	23%
Dietary Fibre 1g	3%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	

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

Nutrition Facts	
About 3 servings per container	
Serving size	1 cup (85g)
Amount per serving	
Calories	315
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 68g	23%
Dietary Fibre 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	

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



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GLUTEN FREE FLOURS

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ORGANIC WHITE
QUINOA
FLOUR
BAKING WITH SUPERFOODS

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ORGANIC BANANA FLOUR

Banana flour has a high content of resistant starch, that due to it's resistance acts as a fiber. Can be used in a variety of recipes like muffins, pancakes, smoothies and also savory recipes.

INGREDIENTS: Organic green banana.



Nutrition Facts	
Serving Size: 1/4 cup (28g)	
Servings per package: 32	
Amount per serving	
Calories: 95	
Calories from fat: 0	
	Daily value*%
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 98mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%

*The percentages of daily values are based on a diet of 8380KJ (2,000 calories)



ORGANIC QUINOA FLOUR

Known as Golden Grain of the Incas. It's a great source of fiber and protein. Can be used in a variety of recipes like cookies, pancakes, muffins, etc.

INGREDIENTS: Organic whole grain white quinoa.



Nutrition Facts	
Serving Size: 1/4 cup (28g)	
Servings per package: 32	
Amount per serving	
Calories: 105	
Calories from fat: 20	
	Daily value*%
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber <2g	9%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 7%

*The percentages of daily values are based on a diet of 8380KJ (2,000 calories)



ORGANIC PLANTAIN FLOUR

Plantain Flour is high in fiber, potassium and antioxidants. It's a versatile flour that can be use for cooking, baking, add to smoothies or to thicken soups and sauces.

INGREDIENTS: Organic green plantain.



Nutrition Facts	
32 servings per package	
Serving size	1/4 cup (28g)
Amount per serving	
Calories 85	
	Daily value*%
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 1g	

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



Gluten free

TO YOUR TABLE

ALLERGEN INFO: Free from dairy, eggs, peanuts, tree nuts, and soy.

Unit Wt: 907 g / 32oz **Mastercase Pack:** 6 units



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