

Health Basics

- Healthy heart product*
- Low glycemic
- Oatmeal Raisin Nutrition Bar is dairy free†
- Peanut Butter Crunch Nutrition Bar is gluten free¹

Nutrition Bar Difference

- A low glycemic index promotes a more sustainable source of energy compared to high sugar snacks.*

Those with hectic lifestyles know how difficult it can be to maintain good eating habits on the run. **Nutrition Bars** are the answer. These flavorful, low-glycemic bars provide healthy carbohydrates, proteins, and fats so you can maintain the energy you need to get through the day.

Chocolate Fusion

Imagine an irresistible chocolate snack bar that is actually healthy! That's what you get with this delectable addition to the line of **Nutrition Bars**. A Chocolate Fusion **Nutrition Bar** contains 12 grams of protein, 3 grams of fiber, and has a low glycemic index.

Peanut Butter Crunch

With a chocolate coating and nutty center, Peanut Butter Crunch **Nutrition Bars** provide all of the benefits of soy protein with naturally occurring soy isoflavones. Soy protein contains all the essential amino acids for building a healthy body in optimal ratios and a highly digestible form.* Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A Peanut Butter Crunch **Nutrition Bar** contains more than 8 grams of high-quality soy protein.

Oatmeal Raisin

With the goodness of whole-grain oats, oat bran, and plump raisins, Oatmeal Raisin **Nutrition Bars** are a healthy snack that tastes like a home-baked cookie. Soluble fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Low-fat diets, rich in dietary fiber, may reduce the risk of some types of cancer, a disease associated with many factors. Each Oatmeal Raisin **Nutrition Bar** has over 3 grams of dietary fiber and zero grams of trans fat.

Low-Glycemic Formula

Nutrition Bars are formulated to be low glycemic, providing greater satiety throughout the day.*



ITEM# 230

Peanut Butter Crunch Nutrition Bar

Nutrition Facts

Serving Size 1 bar (39 g)			
Servings per container 14			
Amount per serving			
Calories 160	Calories from fat 45		
% Daily Value*			
Total Fat 5 g			8%
Saturated Fat 2 g			11%
Trans Fat 0 g			0%
Cholesterol 0 mg			0%
Sodium 135 mg			6%
Potassium 130 mg			4%
Total Carbohydrate 19 g			6%
Dietary Fiber 2 g			6%
Soluble Fiber 0 g			
Insoluble Fiber 2 g			
Sugars 14 g			
Sugar Alcohol 0 g			
Protein 10 g			
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 caloric needs.			
	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

INGREDIENTS: Protein Blend (Soy Protein Isolate, Textured Soy Protein Concentrate), Fructose, Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Flavor), Evaporated Cane Juice, Peanuts, Glycerin, Peanut Butter, Peanut Flour, Natural Flavor, Soy Fiber, Soy Lecithin.

ALLERGEN INFORMATION: Product contains Peanuts, Soy, and Milk, and is produced on equipment that is used to produce products that contain Eggs, Wheat, Peanuts, Seeds, and Tree Nuts.

¹For our customers with sensitivity to gluten, no wheat is used as an ingredient in this product. However, this product is produced in a facility that may manufacture other products that do contain wheat.



ITEM# 232

Oatmeal Raisin Nutrition Bar

Nutrition Facts

Serving Size 1 bar (50 g)			
Servings per container 14			
Amount per serving			
Calories 170	Calories from fat 25		
% Daily Value*			
Total Fat 2.5 g			4%
Saturated fat 0 g			0%
Trans fat 0 g			0%
Cholesterol 0 mg			0%
Sodium 170 mg			7%
Potassium 260 mg			7%
Total Carbohydrate 28 g			9%
Dietary Fiber 3 g			12%
Sugars 16 g			
Protein 9 g			18%
Vitamin A 0%	Vitamin C 2%		
Calcium 4%	Iron 8%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

INGREDIENTS: Raisins, Soy Nuts, Rolled Oats, Brown Rice Syrup, Soy Protein Isolate, Evaporated Cane Juice, Crystalline Fructose, Vegetable Glycerine, Plum Puree, Invert Sugar Syrup, Soy Crisp Rice (Soy Protein Isolate, Rice Flour, Malt Extract), Oat Fiber, Oat Bran, Wheat Protein Concentrate, Wheat Flour, Soybean Oil, Natural Flavors, Mono- and Diglycerides, Spices, Baking Soda, Salt.

Contains: Wheat, Soy. Produced on equipment that is used to produce products that contain: Milk, Eggs, Peanuts, and Tree Nuts.

[†]For our customers with sensitivity to dairy, no dairy ingredients are in this product. However, the Oatmeal Raisin **Nutrition Bar** is produced in a facility that manufactures other products that do contain dairy.



ITEM# 233

Chocolate Fusion Nutrition Bar

Nutrition Facts

Serving Size 1 bar (50 g)			
Servings per container 14			
Amount per serving			
Calories 150	Calories from fat 40		
% Daily Value*			
Total Fat 4.5 g			7%
Saturated Fat 2 g			10%
Trans Fat 0 g			0%
Cholesterol 5 mg			2%
Sodium 120 mg			5%
Potassium 270 mg			8%
Total Carbohydrate 20 g			7%
Dietary Fiber 3 g			12%
Sugars 15 g			
Protein 12 g			24%
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 15%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

INGREDIENTS: Protein Blend (Soy Protein Isolate, Toasted Soy Pieces, Whey Protein Concentrate), Evaporated Cane Juice, Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin [emulsifier], Natural Flavor), Brown Rice Syrup, Cocoa Powder (processed with Alkali), Natural Flavors, inulin, Cocoa Powder, Sunflower Oil, Soy Lecithin, Salt.

CONTAINS: Soy and Milk. Produced on equipment that also processes Eggs, Wheat, Peanuts, Fish, and Tree Nuts.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.