













Nutrition Facts
Serving Size 2 bars (42g)
Servings Per Container 6

Amount Per Serving	2 Bars	% DV*
Calories	180	100
Calories from Fat	60	30
		% DV*
Total Fat	7g 11%	3.5g 6%
Saturated Fat	1g 4%	0g 0%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	160mg 7%	90mg 4%
Total		
Carbohydrate	29g 10%	15g 5%
Dietary Fiber	2g 8%	1g 4%
Sugars	11g	5g
Protein	3g	2g
Iron		4%
		2%

*Percent Daily Values (DV) are based on a diet of other people's secrets. Your daily values may vary depending on your calorie needs.

	Calories	1,000	2,000
Total Fat	Less than	8g	16g
Sat Fat	Less than	2g	4g
Cholesterol	Less than	20mg	40mg
Sodium	Less than	2,400mg	4,800mg
Total Carbohydrate	Less than	30g	60g
Dietary Fiber	Less than	5g	10g

†Not a significant source of vitamin A, vitamin E, and calcium.

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor. CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.
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[Carbohydrate Choices: 2]

