

Health Basics

- Low-glycemic formulas
- Excellent source of high-quality protein
- Balanced blend of carbohydrates, proteins, and fats

Nutrition Bar Difference

- A low glycemic score promotes a more sustainable source of energy

Did You Know?

- Nutrition Bars can also work as a mid-morning snack to keep your day going strong!



ITEM# 233

Chocolate Fusion Nutrition Bar



ITEM# 230

Peanut Butter Crunch Nutrition Bar



ITEM# 232

Oatmeal Raisin Nutrition Bar

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. 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.*

Nutrition Facts			
Serving Size 1 bar (41 g)			
Servings per container 12			
Amount per serving		Calories from fat 40	
Calories 160		% 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		12%
Dietary Fiber	3 g		14%
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: Soybeans and Milk. Produced on equipment that also processes Eggs, Wheat, Peanuts, Fish, and Tree Nuts.

Nutrition Facts

Serving Size 1 bar (39 g)
Servings per container 14

Amount per serving		Calories from fat 45	
Calories 160		% 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	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.

¹ For 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.

* 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.

Nutrition Facts

Serving Size 1 bar (55 g)
Servings per container 14

Amount per serving		Calories from fat 30	
Calories 190		% Daily Value*	
Total Fat	3 g		5%
Saturated fat	0.5 g		3%
Trans fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	190 mg		8%
Potassium	350 mg		10%
Total Carbohydrate	32 g		11%
Dietary Fiber	3 g		14%
Sugars	14 g		
Sugar Alcohol	6 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

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

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