Nutrition Facts

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

Amount Per Serving	2 bars		1 bar	
Calories	190		90	
Calories from Fat	60		30	
		%DV*		%DV*
Total Fat	6g	9%	3g	5%
Saturated Fat	0.5g	3%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	160mg	7%	80mg	3%
Total Carbohydrate	29g	10%	15g	5%
Dietary Fiber	2g	8%	1g	4%
Sugars	12g		6g	
Protein	4g		2g	
Iron		4%		2%

Not a significant source of vitamin A, vitamin C and calcium.

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.

CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

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Carbohydrate Choices: 2

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