

# Cereal & Snack Bars



## 180 Bar

Nutrition Facts			
Serving Size		1 Bar (40g)	
Amount Per Serving			
<b>Calories</b>	150	<b>Calories from Fat</b>	45
			% Daily Value
<b>Total Fat</b>	5g		8%
Saturated Fat	2g		10%
Trans Fat	0g		
<b>Cholesterol</b>	<5mg		1%
<b>Sodium</b>	150mg		6%
<b>Total Carbohydrate</b>	26g		9%
Dietary Fiber	5g		20%
Sugars	7g		
<b>Protein</b>	5g		
Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	6%

Values are calculated based on most recent USDA & supplier information.



## Fiber Slim Bar

Nutrition Facts			
Serving Size		55g	
Amount Per Serving			
<b>Calories</b>	120	<b>Calories from Fat</b>	25
			% Daily Value
<b>Total Fat</b>	3g		5%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	<5mg		1%
<b>Sodium</b>	60mg		3%
<b>Total Carbohydrate</b>	29g		10%
Dietary Fiber	9g		36%
Sugars	6g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

Values are calculated based on most recent USDA & supplier information.



## Cloud 9 Bar

Nutrition Facts			
Serving Size		1 Bar (40g)	
Amount Per Serving			
<b>Calories</b>	180	<b>Calories from Fat</b>	90
			% Daily Value
<b>Total Fat</b>	10g		15%
Saturated Fat	9g		45%
Trans Fat	0g		
<b>Cholesterol</b>	20mg		7%
<b>Sodium</b>	70mg		3%
<b>Total Carbohydrate</b>	19g		6%
Dietary Fiber	3g		12%
Sugars	2g		
<b>Protein</b>	6g		
Vitamin A	2%	Vitamin C	0%
Calcium	25%	Iron	6%

Values are calculated based on most recent USDA & supplier information.



## "Switch Out" Granola Bar

Nutrition Facts			
Serving Size		1 Bar (40g)	
Amount Per Serving			
<b>Calories</b>	160	<b>Calories from Fat</b>	45
			% Daily Value
<b>Total Fat</b>	5g		8%
Saturated Fat	.5g		3%
Trans Fat	.5g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	60mg		3%
<b>Total Carbohydrate</b>	25g		8%
Dietary Fiber	2g		8%
Sugars	13g		
<b>Protein</b>	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	4%

Values are calculated based on most recent USDA & supplier information.

