



Nutrition Facts

Serving Size 1 Bar (24g)
Servings Per Container 8

Amount Per Serving

Calories 100 Calories from Fat 35

% Daily Value*

Total Fat 4g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Sugars 5g	
Sugar Alcohol 1g	

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based 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

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4