

2:1 Granola Oatmeal (1-19-2011)

Nutrition Facts

Serving Size (74g)

Servings Per Bar 1

Amount Per Serving

Calories 250 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 230mg **10%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 5g **20%**

 Sugars 9g

 Sugar Alcohol 4g

Protein 30g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 10%

*Percent Daily Values 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

 Saturated 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 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Soy Protein Isolate), High Protein Yogurt Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [An Emulsifier], Vanillin), Rolled Oats, Raisin Paste, Glycerine, Soy Protein Crisps, Water, Maltitol, Inulin, Brown Sugar, Vanilla, Coconut Oil, Cinnamon, Granola Flavor, Salt, Peanut Paste.

ALLERGEN INFORMATION: CONTAINS PEANUTS, SOY, MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS (ALMONDS), EGGS, AND WHEAT.

2:1 Oatmeal (1-19-2011)

Nutrition Facts

Serving Size (74g)

Servings Per Bar 1

Amount Per Serving

Calories 250 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **10%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 5g **21%**

 Sugars 4.5g

 Sugar Alcohol 4g

Protein 30g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 15%

*Percent Daily Values 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

 Saturated 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 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Soy Protein Isolate), Chocolate Coating (Whey Protein Concentrate, Palm Kernel Oil, Maltitol, Cocoa Powder, Sugar, Soy Lecithin [An Emulsifier], Vanillin), Hydrolyzed Gelatin, Soy Protein Crisps (Isolated Soy Protein, Tapioca Starch, Malt Extract, Salt), Water, Palm Kernel Oil, Glycerine, Inulin, Raisin Paste, Oats, Brown Sugar, Cinnamon, Salt, Flavors, Peanut Paste.

ALLERGEN INFORMATION: CONTAINS PEANUTS, SOY, MILK, AND WHEAT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS (ALMONDS), EGGS.

2:1 White Crispy Crunch (1-19-2011)

Nutrition Facts

Serving Size (70g)

Servings Per Bar 1

Amount Per Serving

Calories 230 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **10%**

 Saturated Fat 6g **28%**

 Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 200mg **8%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 3g **13%**

 Sugars 6g

 Sugar Alcohol 0g

Protein 30g

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 8%

*Percent Daily Values 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
Saturated 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 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Core (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Soy Protein Isolate), High Protein Yogurt Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [An Emulsifier], Vanillin), Hydrolyzed Gelatin, Glycerine, Soy Protein Crisps (Isolated Soy Protein, Rice Flour, Malt Extract, Salt), Rice Crisps (Rice, Sugar, Salt, Malt Extract), Inulin, Coconut Oil, Lecithin, Salt, Cake Flavor, Peanut Paste.

ALLERGEN INFORMATION: CONTAINS PEANUTS, SOY, MILK, AND WHEAT PRODUCTS. MANUFACTURED IN A FACILITY THAT USES TREE NUTS (ALMONDS), EGG IN OTHER PRODUCTS.

