



\*16g of whole grain per serving. At least 48g of whole grain recommended daily.

## Nutrition Facts

6 servings per container

**Serving size 2 bars (42g)**

	2 bars		1 bar	
Calories	190	% DV*	100	% DV*
<b>Total Fat</b>	7g	9%	3.5g	5%
Saturated Fat	1g	4%	0g	0%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	140mg	6%	70mg	3%
<b>Total Carb.</b>	29g	11%	15g	5%
Dietary Fiber	2g	8%	1g	4%
Total Sugars	11g		6g	
Incl. Added Sugars	11g	23%	6g	11%
<b>Protein</b>	3g		2g	
Iron	1mg	6%	0.5mg	2%

Not a significant source of vitamin D, calcium and potassium.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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

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**Contains Bioengineered Food Ingredients**

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