



**BOX TOPS**  
FOR EDUCATION

**EARN 25 BONUS BOX TOPS**  
WHEN YOU BUY 4 PARTICIPATING PRODUCTS

See Back For Details



ENLARGED TO SHOW DETAIL

**OATS 'N HONEY**  
100% OF WHOLE GRAIN\*

**12 BARS**  
PER 2 BARS

|                        |                               |                                 |                            |
|------------------------|-------------------------------|---------------------------------|----------------------------|
| <b>190</b><br>CALORIES | <b>1g</b><br>SAT FAT<br>4% DV | <b>140mg</b><br>SODIUM<br>6% DV | <b>11g</b><br>TOTAL SUGARS |
|------------------------|-------------------------------|---------------------------------|----------------------------|

© 6 - 1.49 OZ (42g) 2-BAR POUCHES NET WT 8.94 OZ (253g)

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