

BARS

Nutrition Facts

CHOCOLATE CHIP WALNUT BLONDIE

Serving Size	2 oz.		
Servings Per Container	1.75		
Amount Per Serving			
Calories	289		
Fat Calories	121		
		% Daily Value*	
Total Fat	13g	19%	
Saturated Fat	4g	18%	
Cholesterol	66mg	22%	
Sodium	352mg	15%	
Total Carbohydrate	38g	13%	
Dietary Fiber	0g	0%	
Sugars	20g		
Protein	4g		
Vitamin A	11%		
Vitamin C	0%		
Calcium	1%		
Iron	7%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

LUSCIOUS LEMON BAR

Serving Size	1.5oz.		
Servings Per Container	2		
Amount Per Serving			
Calories	159		
Fat Calories	44		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	6%	
Cholesterol	67mg	22%	
Sodium	68mg	3%	
Total Carbohydrate	26g	9%	
Dietary Fiber	0g	0%	
Sugars	16g		
Protein	3g		
Vitamin A	6%		
Vitamin C	5%		
Calcium	1%		
Iron	4%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PECAN PIE BAR

Serving Size	1.5oz.		
Servings Per Container	1.75		
Amount Per Serving			
Calories	253		
Fat Calories	112		
		% Daily Value*	
Total Fat	12g	19%	
Saturated Fat	2g	11%	
Cholesterol	93mg	31%	
Sodium	115mg	5%	
Total Carbohydrate	32g	11%	
Dietary Fiber	1g	2%	
Sugars	20g		
Protein	3g		
Vitamin A	9%		
Vitamin C	0%		
Calcium	1%		
Iron	6%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Bars Continued

ULTIMATE BROWNIE

Serving Size	2 oz.		
Servings Per Container	1.6		
<u>Amount Per Serving</u>			
Calories	225		
Fat Calories	94		
		% Daily Value*	
Total Fat	11g	16%	
Saturated Fat	4g	21%	
Cholesterol	35mg	12%	
Sodium	88mg	4%	
Total Carbohydrate	35g	12%	
Dietary Fiber	1g	2%	
Sugars	28g		
Protein	2g		
Vitamin A		6%	
Vitamin C		0%	
Calcium		0%	
Iron		4%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

ULTIMATE WALNUT BROWNIE

Serving Size	2 oz.		
Servings Per Container	1.75		
<u>Amount Per Serving</u>			
Calories	238		
Fat Calories	82		
		% Daily Value*	
Total Fat	11g	17%	
Saturated Fat	3g	12%	
Cholesterol	33mg	11%	
Sodium	94mg	4%	
Total Carbohydrate	38g	13%	
Dietary Fiber	1g	4%	
Sugars	29g		
Protein	3g		
Vitamin A		5%	
Vitamin C		0%	
Calcium		0%	
Iron		5%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FRUIT JUICE BARS

Nutrition Facts

LEMON

Serving Size	1.5 oz		
Servings Per Container	2		
Amount Per Serving			
Calories	149		
Fat Calories	44		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	6%	
Cholesterol	67mg	22%	
Sodium	68mg	3%	
Total Carbohydrate	26g	9%	
Dietary Fiber	0g	0%	
Sugars	14g		
Protein	3g		
Vitamin A	6%		
Vitamin C	5%		
Calcium	1%		
Iron	4%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PINA COLADA

Serving Size	1.5 oz		
Servings Per Container	2		
Amount Per Serving			
Calories	158		
Fat Calories	45		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	6%	
Cholesterol	68mg	23%	
Sodium	70mg	3%	
Total Carbohydrate	26g	9%	
Dietary Fiber	0g	0%	
Sugars	17g		
Protein	3g		
Vitamin A	6%		
Vitamin C	10%		
Calcium	1%		
Iron	4%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

STRAWBERRY

Serving Size	1.5 oz		
Servings Per Container	2		
Amount Per Serving			
Calories	148		
Fat Calories	44		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	6%	
Cholesterol	69mg	23%	
Sodium	70mg	3%	
Total Carbohydrate	23g	8%	
Dietary Fiber	0g	0%	
Sugars	15g		
Protein	2g		
Vitamin A	6%		
Vitamin C	5%		
Calcium	1%		
Iron	3%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fruit Juice Bars Continued

TANGERINE GRAPEFRUIT

Serving Size	1.5 oz		
Servings Per Container	2		
<u>Amount Per Serving</u>			
Calories	149		
Fat Calories	44		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	6%	
Cholesterol	69mg	23%	
Sodium	70mg	3%	
Total Carbohydrate	24g	8%	
Dietary Fiber	0g	0%	
Sugars	16g		
Protein	2g		
Vitamin A	6%		
Vitamin C	3%		
Calcium	1%		
Iron	3%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

TROPICAL LIME

Serving Size	1.5 oz		
Servings Per Container	2		
<u>Amount Per Serving</u>			
Calories	149		
Fat Calories	44		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	6%	
Cholesterol	67mg	22%	
Sodium	68mg	3%	
Total Carbohydrate	26g	9%	
Dietary Fiber	0g	0%	
Sugars	14g		
Protein	3g		
Vitamin A	6%		
Vitamin C	5%		
Calcium	1%		
Iron	4%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

COOKIES

Nutrition Facts

CHOCOLATE CHIP

Serving Size	2 oz.		
Servings Per Container	1.75		
Amount Per Serving			
Calories	226		
Fat Calories	91		
		% Daily Value*	
Total Fat	9g	15%	
Saturated Fat	3g	16%	
Cholesterol	55mg	18%	
Sodium	284mg	12%	
Total Carbohydrate	32g	11%	
Dietary Fiber	0g	0%	
Sugars	18g		
Protein	1g		
Vitamin A		9%	
Vitamin C		0%	
Calcium		0%	
Iron		4%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

OATMEAL FRUIT AND NUT

Serving Size	2 oz.		
Servings Per Container	1.75		
Amount Per Serving			
Calories	231		
Fat Calories	65		
		% Daily Value*	
Total Fat	7g	11%	
Saturated Fat	1g	7%	
Cholesterol	46mg	15%	
Sodium	157mg	7%	
Total Carbohydrate	37g	12%	
Dietary Fiber	2g	4%	
Sugars	19g		
Protein	5g		
Vitamin A		8%	
Vitamin C		0%	
Calcium		1%	
Iron		8%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PEANUT BUTTER CHOCOLATE CHIP

Serving Size	2 oz.		
Servings Per Container	1.75		
Amount Per Serving			
Calories	235		
Fat Calories	106		
		% Daily Value*	
Total Fat	11g	17%	
Saturated Fat	4g	18%	
Cholesterol	50mg	17%	
Sodium	281mg	12%	
Total Carbohydrate	30g	10%	
Dietary Fiber	0g	0%	
Sugars	17g		
Protein	2g		
Vitamin A		8%	
Vitamin C		0%	
Calcium		0%	
Iron		4%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

SCONES

Nutrition Facts

CHOCOLATE CHIP

Serving Size	2.75 oz.		
Servings Per Container	1.6		
Amount Per Serving			
Calories	260		
Fat Calories	95		
		% Daily Value*	
Total Fat	10g	16%	
Saturated Fat	3g	13%	
Cholesterol	58mg	19%	
Sodium	340mg	14%	
Total Carbohydrate	41g	14%	
Dietary Fiber	1g	2%	
Sugars	12g		
Protein	5g		
Vitamin A	10%		
Vitamin C	0%		
Calcium	0%		
Iron	11%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

LEMON BLUEBERRY

Serving Size	2.75 oz.		
Servings Per Container	1.6		
Amount Per Serving			
Calories	194		
Fat Calories	70		
		% Daily Value*	
Total Fat	7g	11%	
Saturated Fat	2g	9%	
Cholesterol	5mg	2%	
Sodium	247mg	10%	
Total Carbohydrate	27g	9%	
Dietary Fiber	1g	2%	
Sugars	8g		
Protein	3g		
Vitamin A	9%		
Vitamin C	0%		
Calcium	1%		
Iron	7%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

LEMON RASPBERRY

Serving Size	2.75 oz.		
Servings Per Container	1.6		
Amount Per Serving			
Calories	196		
Fat Calories	70		
		% Daily Value*	
Total Fat	7g	11%	
Saturated Fat	2g	9%	
Cholesterol	5mg	2%	
Sodium	247mg	10%	
Total Carbohydrate	28g	9%	
Dietary Fiber	1g	2%	
Sugars	8g		
Protein	3g		
Vitamin A	9%		
Vitamin C	1%		
Calcium	1%		
Iron	7%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Scones Continued

MAPLE PECAN

Serving Size	2.75 oz.		
Servings Per Container	1.6		
<u>Amount Per Serving</u>			
Calories	277		
Fat Calories	104		
		% Daily Value*	
Total Fat	11g	17%	
Saturated Fat	2g	12%	
Cholesterol	39mg	13%	
Sodium	360mg	15%	
Total Carbohydrate	39g	13%	
Dietary Fiber	0g	0%	
Sugars	11g		
Protein	1g		
Vitamin A	11%		
Vitamin C	0%		
Calcium	1%		
Iron	8%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

ORANGE CRANBERRY

Serving Size	2.75 oz.		
Servings Per Container	1.6		
<u>Amount Per Serving</u>			
Calories	198		
Fat Calories	70		
		% Daily Value*	
Total Fat	7g	11%	
Saturated Fat	2g	9%	
Cholesterol	5mg	2%	
Sodium	247mg	10%	
Total Carbohydrate	28g	9%	
Dietary Fiber	1g	2%	
Sugars	8g		
Protein	3g		
Vitamin A	9%		
Vitamin C	1%		
Calcium	1%		
Iron	7%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RAISIN ALMOND

Serving Size	2.75 oz.		
Servings Per Container	1.6		
<u>Amount Per Serving</u>			
Calories	252		
Fat Calories	102		
		% Daily Value*	
Total Fat	10g	16%	
Saturated Fat	3g	13%	
Cholesterol	47mg	16%	
Sodium	316mg	13%	
Total Carbohydrate	36g	12%	
Dietary Fiber	1g	2%	
Sugars	11g		
Protein	5g		
Vitamin A	1300%		
Vitamin C	0%		
Calcium	1%		
Iron	10%		
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CAKE SQUARES

Nutrition Facts

HARVEST CARROT

Serving Size	2 oz.		
Servings Per Container	2		
Amount Per Serving			
Calories	231		
Fat Calories	104		
		% Daily Value*	
Total Fat	12g	19%	
Saturated Fat	2g	8%	
Cholesterol	76mg	25%	
Sodium	189mg	8%	
Total Carbohydrate	28g	9%	
Dietary Fiber	1g	2%	
Sugars	17g		
Protein	2g		
Vitamin A		30%	
Vitamin C		1%	
Calcium		1%	
Iron		5%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

LEMON POPPYSEED

Serving Size	2 oz.		
Servings Per Container	2		
Amount Per Serving			
Calories	210		
Fat Calories	53		
		% Daily Value*	
Total Fat	5g	8%	
Saturated Fat	2g	8%	
Cholesterol	89mg	30%	
Sodium	168mg	7%	
Total Carbohydrate	36g	12%	
Dietary Fiber	0g	0%	
Sugars	20g		
Protein	2g		
Vitamin A		7%	
Vitamin C		0%	
Calcium		1%	
Iron		6%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

210

CRANBERRY ORANGE

Serving Size	2 oz.		
Servings Per Container	2		
Amount Per Serving			
Calories	209		
Fat Calories	46		
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	1g	7%	
Cholesterol	80mg	27%	
Sodium	134mg	6%	
Total Carbohydrate	37g	12%	
Dietary Fiber	0g	0%	
Sugars	22g		
Protein	2g		
Vitamin A		6%	
Vitamin C		0%	
Calcium		1%	
Iron		5%	
*% Daily Values are based on a 2,000 calorie diet			
	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g