



## QUAKER® CHEWY GRANOLA BAR - MAPLE BROWN SUGAR 1.26 OZ. (36g.)

Nutrition Facts			
Serving Size 1 Bar (36 g)			
Amount Per Serving			
<b>Calories</b>	140	Calories from Fat 25	
		% Daily Value*	
<b>Total Fat</b>	2.5g		4%
Saturated Fat	1g		4%
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	0.5g		
<b>Sodium</b>	120mg		5%
<b>Total Carbohydrate</b>	28g		9%
Dietary Fiber	1g		6%
Sugars	9g		
Sugar Alcohol	2g		
Other Carbohydrates	16g		
<b>Protein</b>	2g		
Calcium			10%
Iron			4%
Not a significant source of Cholesterol, Vitamin A, Vitamin C.			
* 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
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

INGREDIENTS: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, BROWN RICE CRISP [WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, WHOLE WHEAT FLOUR, MALTODEXTRIN, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), CORN SYRUP, BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), CORN SYRUP SOLIDS, CONFECTIONARY CHIPS (SUGAR PALM KERNEL OIL, NONFAT DRY MILK, PALM OIL, ARTIFICIAL COLOR, SOY LECITHIN), GLYCERIN, INVERT SUGAR, SORBITOL, SOYBEAN OIL, CALCIUM CARBONATE, SUGAR, FRUCTOSE, SALT, NATURAL AND ARTIFICIAL FLAVOR, CINNAMON, SOY LECITHIN, MOLASSES, BHT (PRESERVATIVE), CITRIC ACID, WATER.

**CONTAINS WHEAT, SOY, AND MILK INGREDIENTS.**  
**MAY CONTAIN TRACES OF PEANUTS AND OTHER TREE NUTS.**

Case UPC	100-30000-31441-5
Package UPC	0-30000-31441-8
Case Pack	125/1.26 oz. bars
Kosher Status	Yes – Dairy
USDA Smart Snack	Yes
Grain - oz. eq.	1 oz. eq.
Weight of Grain	17g
Document Updated	1/15

I verify the above information is correct as of 1/12/15.

*Julie Herzau, DTR*

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All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information