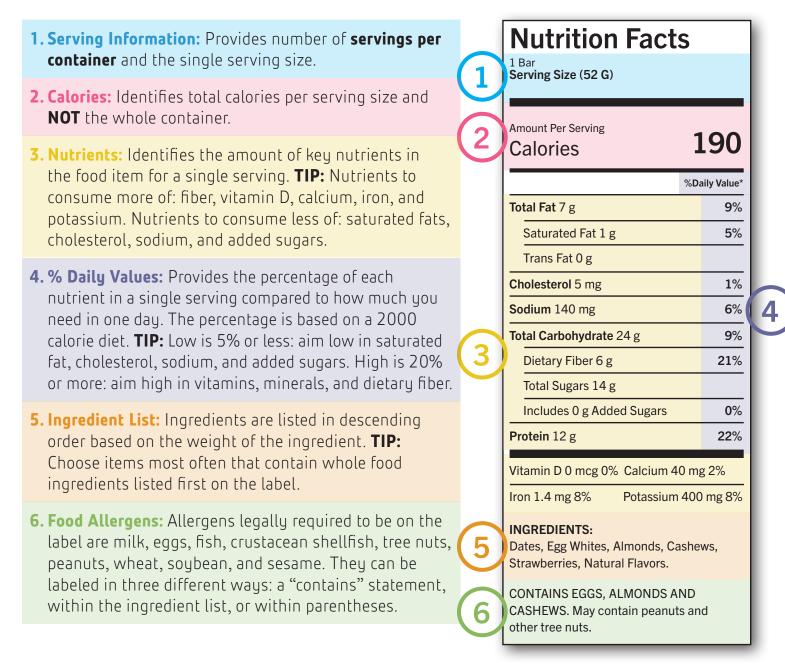


Organic. Natural. Plant-based. Are you confused by the front-of-the package labeling? Turn the package and look no further than the Nutrition Facts Label. The Nutrition Facts Label is where you can find the information you need to determine if a food item is the best choice for you. Learn more below.



**b**Be**We**Ⅱ

Learn more at FDA's page on Understanding Nutrition Labels: https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label

## **KNOW YOUR**

**Pay attention** to servings.

Aim high for fiber, vitamins, and minerals.

Look for a whole food ingredient listed first.

Nutrition Facts	
1 Bar <b>Serving Size (52 G</b> )	
Amount Per Serving	20
Calories <b>L</b>	90
%Daily	Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 140 mg	6%
Total Carbohydrate 24 g	9%
Dietary Fiber 6 g	21%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
Protein 12 g	22%
Vitamin D 0 mcg 0% Calcium 40 mg 2	2%
Iron 1.4 mg 8% Potassium 400 m	ng 8%
INGREDIENTS: Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors. CONTAINS EGGS, ALMONDS AND CASHEWS. May contain peanuts and	
other tree nuts.	

lorie

otal Fat 12g

Consider calories.

Nutrition Facts

Calories from Fat 110

% Daily Va

Look for 5% or less of saturated fat, cholesterol, sodium, and added sugar.

> **Check for** allergens if they are of concern.

