Nutrition Bar

- Combination of carbohydrates, proteins, and fats provide sustained energy
- High source of protein

Those with hectic lifestyles know how difficult it can be to maintain good eating habits on the run. Nutrition Bars are the answer. These flavourful, low-glycaemic bars provide healthy carbohydrates, proteins, and fats so you can maintain the energy you need to get through the day.

PEANUT BUTTER CRUNCH FLAVOUR

With a chocolate coating and nutty centre, Peanut Butter Crunch Nutrition Bars provide all of the benefits of soy protein with naturally occurring soy isoflavones. A Peanut Butter Crunch Nutrition Bar contains more than 8 grammes of high-quality soy protein. Soy protein contains all the essential amino acids for building a healthy body in optimal ratios and a highly digestible form. Twenty-five grammes of soy protein a day, as part of a diet low in saturated fat and cholesterol, may help reduce the risk of heart disease.[1-3]*

OATMEAL RAISIN FLAVOUR

With the goodness of whole-grain oats, oat bran, and plump raisins, Oatmeal Raisin Nutrition Bars are a healthy snack that tastes like a home-baked biscuit. An Oatmeal Raisin Nutrition Bar has more than 6 grammes of soy protein. Twenty-five grammes of soy protein a day, as part of a diet low in saturated fat and cholesterol, may help reduce the risk of heart disease.*

Each Oatmeal Raisin Nutrition Bar has over 3 grammes of dietary fibre and zero grammes of trans fat. Soluble fibre, as part of a diet low in saturated fat and cholesterol, may help reduce the risk of heart disease. Low-fat diets, rich in dietary fibre, may help reduce the risk of some types of cancer, a disease associated with many factors.[4-7]*

LOW-GLYCAEMIC FORMULA

Nutrition Bars are formulated to be low glycaemic, providing greater satiety throughout the day.*

References

1. Henkel J. Soy. Health claims for soy protein, questions about other components. FDA Consum. 2000 May-Jun;34(3):13-5, 18-20.
2. Food labeling: health claims; soy protein and coronary heart disease. Food and Drug Administration, HHS, Final Rule. Fed Regist 1999 Oct 26; 64(206): 57700-33.
3. Baum JA, et al. Long-term intake of soy protein improves blood lipid profiles and increases mononuclear cell low-density-lipoprotein receptor messenger RNA in hypercholesterolemic, postmenopausal women. American Journal of Clinical Nutrition 68:545-551, 1998.
4. Work A, et al. Long-term intake of dietary fiber and decreased risk of coronary heart disease among women. JAMA. 1999 Jun 2;281(21):1998-2004.
5. Bazzano LA, et al; National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study. Dietary fiber intake and reduced risk of coronary heart disease in US men and women: the National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study. Arch Intern Med. 2003 Sep 8;163(16):1897-904.
6. Suzuki R, et al. Dietary fiber intake and risk of postmenopausal breast cancer defined by estrogen and progesterone receptor status--a prospective cohort study among Swedish women. Int J Cancer. 2008 Jan 15;122(2):403-12.
7. Bandera EV, et al. Association between dietary fiber and endometrial cancer: a dose-response meta-analysis. Am J Clin Nutr. 2007 Dec;86(6):1730-7.

***These statements have not been evaluated by the Food Standards Agency. This product is not intended to diagnose, treat, cure, or prevent any disease.**

ITEM# 232

Oatmeal Raisin **Nutrition Bar**

ITEM# 230

Peanut Butter Crunch **Nutrition Bar**

NUTRITION INFORMATION

Servings per container: 14
Serving size: 1 Bar (55g)

	Quantity per 100g†:		Quantity per serving(55g)†:	
Energy	1,485kJ (355kcal)		816kJ (195kcal)	
Protein	18.2g		10g	
Carbohydrate	58.2g		32g	
of which sugars:	25.5g		14g	
Fat	5.5g		3g	
of which saturates:	0.9g		0.5g	
of which cholesterol:	0mg		0mg	
Fibre	5.5g		3g	
Sodium	346mg		190mg	
		%EC RDA*		%EC RDA*
Potassium	636mg	**	350mg	**

*RDA = Recommended Daily Allowance
**No RDA Established
† Typical Values

Ingredients: Raisins, Rolled Oats, Soya Nuts, Sweeteners (Maltitol Syrup, Maltitol), Crystalline Fructose, Soya Protein Isolate, Humectant (Vegetable Glycerin), Plum Puree, Invert Sugar Syrup, Soya Crisp Rice (Soya Protein Isolate, Rice Flour, Malt Extract), Oat Fibre, Oat Bran, Wheat Protein Concentrate, Wheat Flour, Whey Protein Concentrate, Soyabean Oil, Natural Flavourings, Emulsifier (Mono- and Diglycerides), Spices, Raising Agent (Sodium Bicarbonate), Salt. Contains 23% Raisins.

Allergen Information: Contains Wheat, Soya, and Milk. Produced on equipment that also processes Eggs, Fish, and Tree Nuts.

NUTRITION INFORMATION

Servings per container: 14
Serving size: 1 Bar (41g)

	Quantity per 100g†:		Quantity per serving (41g)†:	
Energy	1,632kJ (390kcal)		669kJ (160kcal)	
Protein	26.8g		11g	
Carbohydrate	48.8g		20g	
of which sugars:	26.8g		11g	
Fat	11g		4.5g	
of which saturates:	5.4g		2.2g	
of which cholesterol:	0mg		0mg	
Fibre	3.7g		1.5g	
Sodium	317mg		130mg	
		%EC RDA*		%EC RDA*
Potassium	366mg	**	150mg	**

*RDA = Recommended Dietary Allowance
**No RDA Established
† Typical Values

Ingredients: Protein Blend (Soya Protein Isolate, Roasted Soyabeans, Textured Soya Protein Concentrate, Whey Protein Hydrolysate), Corn Syrup, Coating [Sugar, Palm Kernel Oil, Cocoa, Whey Powder, Nonfat Milk Powder, Emulsifier (Soya Lecithin), Natural Flavourings], High Fructose Corn Syrup, Sweetener (Maltitol Syrup), Peanut Butter, Peanut Flour, Natural Flavourings, Emulsifier (Soya Lecithin).

Contains 9% Peanut Products and 22% Soya Protein.

Allergen Information: Contains Peanuts, Soya, and Milk. Produced on equipment that also processes Eggs, Fish, Tree Nuts, and Wheat.