

Product Name: **KIND Healthy Grains—Oats & Honey with Toasted Coconut**  
 Manufacturer Code: 15027061  
 Availability: Target, Walmart, Costco

Allergens & Warnings:  
**CONTAINS: COCONUT. MADE IN A FACILITY THAT PROCESSES PEANUTS, SOY, TREE NUTS, & SESAME SEEDS**



Nutrition Facts	Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
	<b>Serving size</b> <b>1 bar (35g)</b>  <b>Calories</b> <b>per serving 150</b>	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb.</b> 23g
Sat. Fat 1.5g		<b>8%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g			Total Sugars 6g	
Polyunsaturated Fat 1g			Incl. 6g Added Sugars	<b>12%</b>
Monounsaturated Fat 2.5g			Sugar Alcohol 0g	
<b>Cholesterol</b> 0mg		<b>0%</b>	<b>Protein</b> 3g	
<b>Sodium</b> 95mg		<b>4%</b>	Vitamin D 0% • Calcium 2% • Iron 6% • Potassium 2%	

*All ingredients are gluten free and non-genetically engineered.*

**INGREDIENTS:** Oats, cane sugar, tapioca syrup, canola oil, brown rice, millet, honey, coconut, buckwheat, brown rice flour, amaranth, oat flour, gum acacia, sea salt, quinoa, brown rice syrup, Vitamin E (tocopherols to maintain freshness).

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 **Your product is compliant!**

For future reference and report documentation, enter the brand, product name, and then print.

Brand:

Product:

## Nutrition Facts

 Print

Competitive Snack

Whole Grain rich item

A whole grain is the first item on the ingredients list: The following terms denote a whole grain: Cracked wheat, crushed wheat, whole wheat flour, graham flour, entire wheat flour, bromated whole wheat flour, whole durum wheat four, the term "berries" or "groat" are also used for example wheat berries or oat groats, rolled oats or oatmeal (including old fashioned, quick cooking and instant), reconstituted whole wheat, brown rice, brown rice flour, wild rice, quinoa, millet, teff, amaranth, buckwheat or sorghum. Additional information regarding whole grains can be found at <http://www.fns.usda.gov/tn/whole-grain-resource> (see pages 6-7).

Serving Size	35	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	150	Calories from Fat	45
Total Fat (g)	5		
Saturated Fat (g)	1.5		
Trans Fat (g)	0		
Sodium (mg)	100		
Sugars (g)	6		

	Elementary School	Compliant
	Middle/High School	Compliant

Elementary School	Middle/High School
≤ 35% calories from fat.	≤ 35% calories from fat.
< 10% calories from saturated fat	< 10% calories from saturated fat
≤ 35% sugar by weight	≤ 35% sugar by weight
< 0.5 grams trans fat per serving	< 0.5 grams trans fat per serving
≤ 200 milligrams sodium	≤ 200 milligrams sodium
≤ 175 calories per item/container	≤ 200 calories per item/container