

Product Name: KIND Healthy Grains—Vanilla Blueberry
Manufacturer Code: 15027058
Availability: Target, Walmart, Costco

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



Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Serv. Size 1 Bar (35g)	Total Fat 4g	6%	Total Carb. 24g
Calories 140	Saturated Fat 0g	0%	Dietary Fiber 2.5g	10%
Calories from Fat 35	Trans Fat 0g		Sugars 7g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholesterol 0mg	0%	Protein 2g	
Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 6%,	Sodium 75mg	3%		

Ingredients: Whole Grain Blend (Oats, Brown Rice, Millet, Oat Flour, Buckwheat, Amaranth, Quinoa), Tapioca Syrup, Dried Cane Syrup, Honey, Canola Oil, Brown Rice Syrup, Gum Acacia, Vanilla Extract, Blueberry Puree, Apple Puree, Plum Puree, Apple Juice, Glycerine, Sea Salt, Vitamin E (To Maintain Freshness), Citrus Fiber, Citrus Pectin, Natural Flavor.

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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	140	Calories from Fat	35
Total Fat (g)	4		
Saturated Fat (g)	0		
Trans Fat (g)	0		
Sodium (mg)	75		
Sugars (g)	7		

	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