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Snack
Cereal Bar



GENERAL MILLS
BAKERIES & FOODSERVICE

16000-11590

NATURE VALLEY® Chocolate Chip Chewy Granola Bar

Updated: May 22, 2007

NET WT 1 OZ (28g)

Kosher:



INGREDIENTS:

GRANOLA (ROLLED OATS, WHEAT FLAKES, INVERT SUGAR, SUGAR, GLUCOSE, HONEY, CANOLA AND/OR SOYBEAN OIL, MOLASSES, SALT, MONOGLYCERIDES), GLUCOSE, CRISP RICE (MILLED RICE, SUGAR, SALT, CALCIUM CARBONATE), BITTERSWEET CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, SALT, NATURAL FLAVOR), CANOLA AND/OR SOYBEAN OIL, GLYCERIN, FRUCTOSE, CALCIUM CARBONATE, HONEY, SALT, ALMONDS, NATURAL AND ARTIFICIAL FLAVOR, CORN SYRUP, SUNFLOWER MEAL, SOY FLOUR, PEANUT FLOUR, CASHEW FLOUR, NONFAT MILK.

CONTAINS WHEAT, ALMOND, SUNFLOWER, SOY, PEANUT, CASHEW AND MILK INGREDIENTS.

Nutrition Facts	
Serving Size 1 Bar (29g)	
Amount Per Serving	
Calories	110
Calories from Fat	25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 2%
* 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

(gross)
 case weight: 9.75 lbs
 case length: 18.90 in
 case width: 11.70 in
 case height: 3.80 in
 248 days shelf life

IMPORTANT: This information is accurate only if nothing has been added (e.g., egg wash, icing, etc.). If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

CHILD NUTRITION PROGRAM: 1 Bar = 1/4 BE

Good source of whole grain. At least 8 grams of whole grain per serving. At least 48grams recommended daily.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
 GENERAL MILLS * P.O. BOX 200 - FS * MINNEAPOLIS, MINNESOTA 55440

Team Cheerios® Cereal Bar, Strawberry

General Mills Product Code:42393000

UPC: 016000423930

Net Weight:

Length: 17.87 IN

Width: 12 IN

Height: 6.37 IN

Volume: .791 CF

(gross)
case weight: 11.5 lbs
shelf life: 248 days

Ingredients:

WHOLE GRAIN OATS, CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, CANOLA AND/OR RICE BRAN OIL, NATURAL STRAWBERRY FLAVORED FRUIT PIECES (SUGAR, CRANBERRIES, CITRIC ACID, NATURAL FLAVOR, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL), WHOLE GRAIN CORN, WHOLE WHEAT, FRUCTOSE, BROWN RICE FLOUR, WATER, HULLED BARLEY, GLYCERIN, CALCIUM CARBONATE, MALTODEXTRIN, WHEAT STARCH, CORN FLOUR, SALT, SORBITOL, CORN STARCH, BROWN SUGAR SYRUP, CORN BRAN, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, RED 40 AND OTHER COLOR ADDED, BAKING SODA, TRISODIUM PHOSPHATE, MONO AND DIGLYCERIDES, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

Allergens:

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size: 1 Bar (37g)

Amount Per Serving	As Packaged	% Daily
Calories	150	
Calories From Fat	30	
Total Fat 3.5g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 125mg		5%
Potassium 45mg		1%
Total Carbohydrate 28g		9%
Dietary Fiber 2g		7%
Sugars 10g		
Protein 2g		
Vitamin A		2%
Vitamin C		6%
Calcium		20%
Iron		10%
Vitamin D		2%
Vitamin E		20%
Thiamin		20%
Riboflavin		20%
Niacin		20%
Vitamin B6		15%
Folic Acid		20%
Vitamin B12		20%
Magnesium		2%
Zinc		20%
Pantothenic Acid		20%

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source