



Balance is designed to help you live a healthier life - juggling between work, family, working out and eating right. Since 1992, to make life easier, we challenged ourselves to create balanced nutrition that tastes great. With a proven formula that has the right amount of protein, carbohydrates and dietary fat, we make sure to provide you with energy that lasts so you can get through your busy day and feel good about what you had to eat. Enjoy what keeps you going - from your friends at Balance Bar.

## Nutrition Facts

Serving Size 1 bar (50g)

**Calories** 210  
Fat Cal. 60

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 7g	11%	<b>Potassium</b> 115mg	3%
Sat. Fat 4g	20%	<b>Total Carb.</b> 23g	8%
Trans Fat 0g		Dietary Fiber <1g	3%
<b>Cholest.</b> 5mg	2%	<b>Sugars</b> 14g	
<b>Sodium</b> 150mg	7%	<b>Protein</b> 14g	28%

Vitamin A 50% • Vitamin C 100% • Calcium 10% • Iron 15% • Vitamin D 25% • Vitamin E 100% • Vitamin K 15% • Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B6 15% • Folate 15% • Vitamin B12 15% • Biotin 15% • Pantothenic Acid 15% • Phosphorus 15% • Iodine 15% • Magnesium 15% • Zinc 15% • Selenium 15% • Copper 15% • Manganese 15% • Chromium 15% • Molybdenum 15%

**INGREDIENTS:** PROTEIN BLEND (CASEIN, SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PARTIALLY HYDROLYZED MILK PROTEIN ISOLATE), GLUCOSE SYRUP, SUCROSE, GLYCERINE, WHEY PROTEIN CONCENTRATE, HIGH MALTOSE CORN SYRUP, FRACTIONATED PALM KERNEL AND PALM OIL, INVERT SUGAR, PEANUT BUTTER, MALTODEXTRIN, PARTIALLY DEFATTED PEANUT FLOUR, NATURAL FLAVOR (INCLUDES CARAMEL ADDED FOR COLOR). CONTAINS LESS THAN 2% OF COCOA, PEANUT BUTTER (PEANUTS), FRUCTOSE, NONFAT MILK, SOY LECITHIN, SALT, HEAVY CREAM (CREAM, MILK, CELLULOSE GEL, MILK SOLIDS, CARRAGEENAN, CELLULOSE GEL, BUTTER (CREAM), SALT, ANNATTO ADDED FOR COLOR), BUTTERFAT, SOYBEAN OIL, SODIUM CITRATE, TOCOPHEROLS ADDED TO PROTECT FLAVOR, CARRAGEENAN, DEXTRANS.

**VITAMINS AND MINERALS:** CALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, ALPHA-TOCOPHEROL ACETATE, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, VITAMIN A ACETATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, SODIUM MOLYBDATE, SODIUM SELENITE, PHYTONADIONE, VITAMIN D3, VITAMIN B12.

**\*CONTAINS MILK, PEANUTS, SOYBEAN. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS, EGG, WHEAT, SESAME.**



# Chewy DipPs

Per bar

150 CAL



## Peanut Butter

FLAVOR NATURALLY AND ARTIFICIALLY FLAVORED

Chocolate Covered Granola Bar

NET WT 1.05 OZ (30 g)

Chocolatey Covered Granola Bars

## Peanut Butter

FLAVOR NATURALLY AND ARTIFICIALLY FLAVORED

**Ingredients:** Granola (whole grain rolled oats, whole grain rolled wheat, sugar, sunflower oil, high fructose corn syrup, molasses, dried coconut, honey, sodium bicarbonate, natural flavor, whey protein concentrate), sugar, peanuts, partially hydrogenated palm kernel, palm oil and soybean oil, crisp rice (rice flour, sugar, barley malt, salt), corn syrup solids, corn syrup, high fructose corn syrup, whey, hydrogenated vegetable oil (cottonseed and soybean), brown sugar, dextrose, lactose, glycerin, cocoa, cocoa processed with alkali, sorbitol, salt, milkfat, soy lecithin, natural and artificial flavor, glyceryl lacto esters of fatty acids, BHT (preservative).

(1236-2)

**CONTAINS WHEAT, COCONUT, MILK, PEANUT AND SOY INGREDIENTS.**

**MAY CONTAIN TRACES OF OTHER TREE NUTS.**



DISTRIBUTED BY THE QUAKER OATS COMPANY  
P.O. BOX 049003  
CHICAGO, IL 60604-9003, U.S.A.  
© 2012 The Quaker Oats Company

## Nutrition Facts

Serving Size 1 Bar (30 g)  
Servings Per Container 6

Amount Per Serving

**Calories 150** Calories from Fat 60

% Daily Value\*

**Total Fat 7g** 11%

Saturated Fat 3.5g 18%

Trans Fat 0.5g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.5g

**Cholesterol 0mg** 0%

**Sodium 85mg** 4%

**Total Carbohydrate 20g** 7%

Dietary Fiber 1g 4%

Sugars 11g

Sugars Alcohol 1g

Other Carbohydrates 7g

**Protein 2g**

Iron 2%

Not a significant source of vitamin A, vitamin C and calcium.

\*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

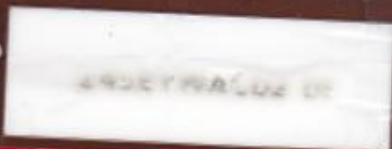
what's inside

**CALORIES**  
**250**  
13% DV  
PER PACK

# SNICKERS

NET WT 1.86 OZ 52.7g

MILK CHOCOLATE • PEANUTS • CARAMEL • NOUGAT



# SATISFIES

We value your questions or comments. Call 1-800-551-0702 or visit us at [www.snickers.com](http://www.snickers.com)

Distributed by Mars Chocolate North America, LLC  
Hightstown, NJ 07840-1503 USA  
©/TM & © Mars, Inc.  
MILK CHOCOLATE (SUGAR, COCOA BUTTER, CHOCOLATE,  
SKIM MILK, LACTOSE, MILKFAT, SOY LECITHIN, ARTIFICIAL FLAVOR),  
PEANUTS, CORN SYRUP, SUGAR, MILKFAT, SKIM MILK, PARTIALLY  
HYDROGENATED SOYBEAN OIL, LACTOSE, SALT, EGG WHITES,  
CHOCOLATE, ARTIFICIAL FLAVOR.  
ALLERGY INFORMATION: MAY CONTAIN ALMONDS.



what's inside

<b>CALORIES</b> 250 13% DV	<b>TOTAL FAT</b> 12g 18% DV	<b>SAT. FAT</b> 4.5g 23% DV	<b>SUGARS</b> 27g *	<b>SODIUM</b> 120mg 5% DV
----------------------------------	-----------------------------------	-----------------------------------	---------------------------	---------------------------------

GDVs ARE BASED ON A 2,000 CALORIE DIET  
To learn more visit [www.marshealthyliving.com](http://www.marshealthyliving.com)  
\*No DV defined

**Nutrition Facts** Serv size: 1 bar, Amount per serving: **Calories 250**, Fat Cal. 110, **Total Fat 12g (18% DV)**,  
**Sat. Fat 4.5g (23% DV)**, **Trans Fat 0g**, **Cholest. 5mg (2% DV)**, **Sodium 120mg (5% DV)**, **Total Carb. 33g (11% DV)**,  
**Fiber 1g (4% DV)**, **Sugars 27g**, **Protein 4g**, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (2% DV).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.



**Nutrition Facts**

Serving Size 1 Bar (27g)  
 Servings Per Container 5

**Amount Per Serving**  
**Calories 110**    Calories from Fat 25

	% Daily Value*	
<b>Total Fat</b> 3g	5%	
Saturated Fat 2g	10%	
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 90mg	4%	
<b>Total Carbohydrate</b> 17g	6%	
Dietary Fiber 4g	16%	
Sugars 7g		
<b>Protein</b> 4g	7%	
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 2%	
Thiamin 10%	Riboflavin 8%	
Niacin 10%	Vitamin B <sub>6</sub> 10%	

\* 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
Saturated 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
Protein		50g	65g

**Protein**

**INGREDIENTS:** SOLUBLE CORN FIBER, ROLLED OATS, SOY PROTEIN ISOLATE, SUGAR, CEREAL (RICE, WHOLE GRAIN WHEAT, SUGAR, WHEAT BRAN, SOLUBLE WHEAT FIBER, SALT, MALT FLAVORING, VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN B<sub>2</sub> (RIBOFLAVIN)), FRUCTOSE, VEGETABLE OIL (HYDROGENATED AND/OR PARTIALLY HYDROGENATED PALM KERNEL, PALM, CANOLA AND/OR COCONUT OIL), CHICORY ROOT FIBER, CORN SYRUP, RICE, PEANUT BUTTER (PEANUTS, HYDROGENATED RAPESEED AND/OR COTTONSEED OIL, SALT), DEXTROSE, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), SORBITOL, GLYCERIN, WHEY, PEANUT FLOUR, SALT, NONFAT MILK, SOY LECITHIN, POLYSORBATE 60, SORBITAN MONOSTEARATE, ARTIFICIAL FLAVOR, NIACINAMIDE, BHT (PRESERVATIVE), ALMOND FLOUR, MALT FLAVOR, DISTILLED MONOGLYCERIDES, VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), REDUCED IRON, VITAMIN B<sub>2</sub> (RIBOFLAVIN).

**CONTAINS SOY, WHEAT, PEANUT, MILK AND ALMOND INGREDIENTS. MAY CONTAIN OTHER TREE NUTS.**