

NUTRITIONAL FACTS

Too Good GOURMET

Too Good Gourmet Fiber cookies Dark Chocolate Honey Oat

Nutrition Facts	
8 servings per container	
Serving size	3/4 oz (21g)
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 5g	
Includes 4g Added Sugars	7%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.9mg	4%
Potassium 50mg	2%
Folate 10mcg DFE (5mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Enriched Unbleached **Wheat** Flour (Wheat, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Brown Sugar, Glycerine, Palm Oil, Brown Rice Syrup (Brown rice, water), Cellulose fiber, Dark Chocolate Chips (Unsweetened chocolate, sugar, cocoa butter, vanilla extract, **soy** lecithin), Wheat Bran, Honey, Oats, **Eggs**, Inuline Powder, Natural Vanilla, Dried Yeast Fermentate, Baking Soda, Baking Powder, Cinnamon, Nonfat dried **Milk** Powder, Salt.

Contains: Wheat, Soy, Eggs and Milk.

NUTRITIONAL FACTS

Too Good GOURMET

Too Good Gourmet Fiber cookies Trail Mix

Nutrition Facts	
8 servings per container	
Serving size	3/4 oz (21g)
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 2g	9%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	16%
Total Sugars 5g	
Includes 4g Added Sugars	7%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 40mg	0%
Folate 10mcg DFE (5mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Enriched Unbleached **Wheat** Flour (Wheat, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Brown Sugar, Glycerine, Palm Oil, Brown Rice Syrup (Brown rice, water), Cellulose fiber, Wheat Bran, Honey, Oats, Cranberry Bits (sugar, cranberries, citric acid sunflower oil, elderberry juice concentrate [color]), **Eggs**, Candy Coated Chocolate (**milk** chocolate [sugar, chocolate, skim milk, cocoa butter, lactose, milkfat, soy lecithin, salt, artificial flavors], sugar, less than 2% cornstarch, corn syrup, dextrin, coloring [includes yellow 5 lake, red 40 lake, blue 1 lake, yellow 6 lake, blue 2 lake, yellow 5, red 40, blue 1, yellow 6, blue 2]), Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], vanilla), Inuline Powder, Natural Vanilla, Dried Yeast Fermentate, Baking Soda, Baking Powder, Nonfat dried Milk Powder, Salt.

Contains: Wheat, Eggs, Milk and Soy.