Step One Foods
Nutrition & Ingredients
Anytime Sprinkle

**Nutrition Facts**

12 servings per container
Serving size 1 packet (28g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 110</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>13g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>18%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5g</td>
<td>2%</td>
</tr>
<tr>
<td>Includes 1g Added Sugars</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></td>
</tr>
</tbody>
</table>

**How to Prepare:**

Open pouch and sprinkle a serving on your favorite food.

Great with yogurt and on salads.

**Gluten-Free, Dairy-Free, Non GMO, No Sodium**

**INGREDIENTS:** Oat bran, white chia seeds, flax seeds, dried cranberries (cranberries, apple juice concentrate, sunflower oil), almonds, walnuts, raisins, plant sterols, Saskatoon berries.

**CONTAINS:** Almonds and walnuts.

**MAY CONTAIN:** Shell fragments and pieces.

[StepOneFoods.com](http://StepOneFoods.com)
Peanut Butter Bars

**Nutrition Facts**
12 servings per container
Serving size 1 bar (41g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Includes 2g Added Sugars</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
</tr>
</tbody>
</table>

**REAL SCIENCE**
Scientifically formulated to deliver clinically meaningful levels of critical nutrients known to help:

- Lower LDL Cholesterol
- Improve Blood Flow
- Reduce Inflammation
- Lower Blood Sugar
- Lower Blood Pressure
- Lose Weight

**INGREDIENTS:** Peanuts, dates, bittersweet chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin (an emulsifier), vanilla), white chia seeds, whole pinto bean flour, flax seeds, plant sterols, almonds, walnuts, oat bran, Saskatoon berries.

**CONTAINS:** Almonds, peanuts, soy, walnuts.

**MAY CONTAIN:** Shell fragments and pieces. Manufactured on equipment that also processes milk and other tree nuts.

**Gluten-Free, Dairy-Free Ingredients, Non GMO, No Sodium**

**Manufactured for:**
Step One Foods
Minneapolis, MN
952-303-4265

StepOneFoods.com
Cranberry Pecan Bars

Nutrition Facts
12 servings per container
Serving size 1 bar (41g)

Amount per serving
Calories 170
% Daily Value*
Total Fat 9g 12%
- Saturated Fat 1g 4%
- Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 22g 8%
- Dietary Fiber 5g 18%
Total Sugars 14g
- Includes 6g Added Sugars 13%
Protein 3g

*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.

REAL SCIENCE
Scientifically formulated to deliver clinically meaningful levels of critical nutrients known to help:

- **Lower Cholesterol**
- **Improve Blood Flow**
- **Reduce Inflammation**
- **Lower Blood Pressure**
- **Lower Blood Sugar**
- **Lose Weight**

Gluten-Free, Dairy-Free, Non GMO, No Sodium

INGREDIENTS: Dried cranberries (cranberries, apple juice concentrate, sunflower oil), dates, almonds, pecans, white chia seeds, oat bran, walnuts, raisins, flax seeds, plant sterols, Saskatoon berries.

CONTAINS: Almonds, pecans, walnuts.

MAY CONTAIN: Shell fragments and pieces. Manufactured on equipment that also processes peanuts, milk, soy and other tree nuts.
Blueberry Oatmeal

Nutrition Facts
12 servings per container
Serving size 1 packet (45g)

Amount per serving
Calories 180
Calories from Fat 70

Total Fat 7g (11%)
- Saturated Fat 1g (4%)
- Trans Fat 0g

Cholesterol 0mg (0%)

Sodium 0mg (0%)

Total Carbohydrate 25g (9%)
- Dietary Fiber 8g (22%)
- Total Sugars 7g
- Includes 2g Added Sugars (4%)

Protein 6g

Vitamin D 0mcg (0%)

Calcium 49mg (5%)

Iron 2mg (11%)

Potassium 221mg (6%)

*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.

How to Prepare:
1. Empty pouch into a bowl.
2. Stir in 1/3 cup of boiling water.
3. Let sit for 3 minutes then enjoy.

Gluten-Free, Dairy-Free, Non GMO, No Sodium

INGREDIENTS: Whole oats, flax seeds, dried blueberries (blueberries, apple juice concentrate, sunflower oil), dried cranberries (cranberries, apple juice concentrate, sunflower oil), almonds, walnuts, raisins, white chia seeds, plant sterols, cinnamon, Saskatoon berries.

CONTAINS: Almonds and walnuts.
MAY CONTAIN: Shell fragments and pieces.

StepOneFoods.com
Dark Chocolate Crunch Bars

Nutrition Facts
12 servings per container
Serving size 1 bar (35g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>Total Fat</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>22%</td>
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<tr>
<td>Trans Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>17%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>10%</td>
</tr>
</tbody>
</table>

Includes 5g Added Sugars 10%

Protein 4g

INGREDIENTS: Date paste (dates, water), peanut butter, bittersweet chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin (an emulsifier), vanilla), chia seeds, whole pinto bean flour, flax seeds, plant sterols, almonds, walnuts, oat bran, Saskatoon berries.

CONTAINS: Almonds, walnuts, peanuts, soy.

MAY CONTAIN: Shell fragments and pieces.

Produced in a facility where milk is used.