Step One Foods
Nutrition & Ingredients
Anytime Sprinkle

Nutrition Facts
12 servings per container
Serving size 1 packet (28g)
Amount per serving
Calories 110

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</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>0%</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>

Vitamin D 0mcg
Calcium 54mg
Iron 1mg
Potassium 153mg

*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:
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

Manufactured by: Step One Foods
Minneapolis, MN
952-383-4265
Dark Chocolate Walnut Bars

**Nutrition Facts**
12 servings per container

**Serving size 1 bar (41g)**

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>11g</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>21g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
</tr>
<tr>
<td>Includes</td>
<td>3g Added Sugars 6%</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Bittersweet chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin (an emulsifier), vanilla), organic dates, walnuts, chia seeds, whole pinto bean flour, flax seeds, oat bran, dried cranberries (cranberries, apple juice concentrate, sunflower oil), plant sterols, Saskatoon berries.

**CONTAINS:** Soy and tree nuts.

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

Produced in a facility where peanuts and milk are used.

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

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

**Gluten-Free, Dairy-Free, 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
- Lose Weight

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

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

CONTAINS: Almonds, pecans, walnuts.

MAY CONTAIN: Shell fragments and pieces.

Produced in a facility where peanuts, milk and soy are used.
Blueberry Oatmeal

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

Amount per serving
Calories 180

% Daily Values*
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:
Empty pouch into a bowl.
Stir in 1/3 cup of boiling water.
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

Manufactured For:
Step One Foods
Minneapolis, MN
952-303-4265
Dark Chocolate Crunch Bars

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

Amount per serving
Calories 170
% Daily Value*
Total Fat 12g 15%
  Saturated Fat 4.5g 22%
  Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 16g 6%
  Dietary Fiber 5g 17%
  Total Sugars 6g
  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.