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Added Sugar in KIND® Nut & Spices bars (KIND's best-selling line)

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Black Truffle Almond & Sea Salt	4	2	4%	½
Caramel Almond & Sea Salt	5	4	8%	1
Dark Chocolate Almond Mint	5	4	8%	1
Dark Chocolate Chili Almond	5	4	8%	1
Dark Chocolate Cinnamon Pecan	5	4	8%	1
Dark Chocolate Mocha Almond	5	4	8%	1
Dark Chocolate Nuts & Sea Salt	5	4	8%	1
Honey Roasted Nuts & Sea Salt	5	3	6%	¾
Madagascar Vanilla Almond	4	2	4%	½
Maple Glazed Pecan & Sea Salt	5	3	6%	¾
Salted Caramel & Dark Chocolate Nut	5	4	8%	1



* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)

** 1 tsp sugar = ~4.2g sugar



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Added Sugar in KIND® Minis

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Caramel Almond & Sea Salt	3	2	4%	1/2
Cranberry Almond	4	3	6%	3/4
Dark Chocolate Nuts & Sea Salt	3	2	4%	1/2
Dark Chocolate Cherry Cashew	6	3	6%	3/4
Honey Roasted Nuts & Sea Salt	2	2	4%	1/2
Peanut Butter Dark Chocolate	5	4	8%	1



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Added Sugar in Sweet & Spicy KIND® bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Chipotle Honey Mustard	6	5	10%	1 ¼
Korean Chili	6	5	10%	1 ¼
Roasted Jalapeño	6	5	10%	1 ¼
Sweet Cayenne BBQ	6	5	10%	1 ¼
Thai Sweet Chili	7	5	10%	1 ¼



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Added Sugar in KIND® Fruit & Nut bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Almond & Apricot	10	5	10%	1 ¼
Almond & Coconut	13	8	16%	2
Almond Coconut Cashew Chai	7	6	12%	1 ½
Apple Cinnamon & Pecan	10	4	8%	1
Blueberry Vanilla Cashew	7	3	6%	¾
Dark Chocolate Almond & Coconut	12	9	18%	2 ¼
Fruit & Nut	7	4	8%	1
Fruit & Nuts in Yogurt	8	4	8%	1
Peanut Butter & Strawberry	9	6	12%	1 ½
Raspberry Cashew & Chia	10	6	12%	1 ½



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*** New values reflect sugar content in reformulated bars which will be available on shelves by 2017



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Added Sugar in KIND® PLUS Bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Blueberry Pecan + Fiber	8	3	6%	¾
Cranberry Almond + Antioxidants with Macadamia Nuts	8	4	8%	1
Dark Chocolate Cherry Cashew + Antioxidants	11	6	12%	1 ½
Peanut Butter Dark Chocolate	9	8	16%	2
Pomegranate Blueberry Pistachio + Antioxidants	8	3	6%	¾



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Added Sugar in Pressed by KIND™

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Apricot Pear Carrot Beet	11	0	0%	0
Cherry Apple Chia	17	0	0%	0
Mango Apple Chia	21	0	0%	0
Pineapple Banana Kale Spinach	18	0	0%	0
Pineapple Coconut Chia	16	0	0%	0
Strawberry Apple Chia	19	0	0%	0



Added Sugar in KIND® Fruit Bites

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Strawberry Cherry Apple	11	0	0%	0
Mango Pineapple Apple	11	0	0%	0
Cherry Apple	11	0	0%	0



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Added Sugar in KIND Healthy Grains® bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Cinnamon Oat	5	5	10%	1 ¼
Dark Chocolate Chunk	8	8	16%	2
Dark Chocolate Mocha	7	7	14%	1 ¾
Double Dark Chocolate	5	5	10%	1 ¼
Maple Pumpkin Seeds with Sea Salt	5	5	10%	1 ¼
Oats & Honey with Toasted Coconut	6	6	12%	1 ½
Peanut Butter Dark Chocolate	7	7	14%	1 ¾
Popped Dark Chocolate Sea Salt	7	7	14%	1 ¾
Popped Salted Caramel	7	7	14%	1 ¾
Vanilla Blueberry	7	7	14%	1 ¾



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Added Sugar in KIND Healthy Grains® clusters*

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value**	Added Sugar (teaspoons)***
Banana Nut Clusters	6	5	10%	1 ¼
Cinnamon Oat Clusters with Flax Seeds	10	9	18%	2 ¼
Dark Chocolate Whole Grain Clusters	5	5	10%	1 ¼
Maple Quinoa Clusters with Chia Seeds	10	10	20%	2 ½
Oats & Honey Clusters with Toasted Coconut	9	8	16%	2
Peanut Butter Whole Grain Clusters	8	8	16%	2
Raspberry Clusters with Chia Seeds	5	4	8%	1
Vanilla Blueberry Clusters with Flax Seeds	9	8	16%	2



* Values per ½ cup serving

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Added Sugar in KIND® Breakfast bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value**	Added Sugar (teaspoons)***
Blueberry Almond	11	8	16%	2
Honey Oat	9	8	16%	2
Peanut Butter	8	6	12%	1 ½



Added Sugar in KIND® Breakfast Protein bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Almond Butter	10	8	16%	2
Dark Chocolate Cocoa	10	9	18%	2 ¼
Maple Cinnamon	10	9	18%	2 ¼



* Values per ½ cup serving

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