

New England Natural Bakers Product Nutritional Facts

Bulk Products

Product	Serving Size	Serving Size (grams)	Calories	Calories from Fat	Total Fat	Sat. Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Almond Raisin Crisp Granola	1/2 Cup	55 g	220	80	9 g	2.5 g	0 mg	50 mg	36 g	6 g	10 g	7 g	0%	0%	6%	10%
Berry Good Granola	2/3 Cup	60 g	250	50	6 g	1.5 g	0 mg	40 mg	44 g	4 g	13 g	6 g	0%	2%	2%	10%
Cape Cod Cranberry Trail Mix	1/4 Cup	31 g	140	70	8 g	0.5 g	0 mg	0 mg	16 g	3 g	11 g	3 g	0%	0%	2%	4%
Cape Cod Cranberry Granola, Low Fat	1/2 Cup	49 g	200	20	2.5 g	0.5 g	0 mg	35 mg	41 g	3 g	17 g	5 g	0%	0%	0%	6%
French Vanilla Granola	2/3 Cup	57 g	250	70	8 g	1 g	0 mg	130 mg	39 g	4 g	11 g	6 g	0%	0%	2%	10%
Goji Berry Crunchy Granola	1/2 Cup	47g	200	60	7g	0.5 g	0 mg	90 mg	32 g	3 g	11 g	5 g	0%	0%	4%	8%
Granola Crisp	1/2 Cup	52g	230	70	8g	2 g	0 mg	55 mg	34 g	4 g	10 g	6 g	0%	0%	4%	10%
Honey Crunch Granola	1/2 Cup	62 g	280	110	13 g	2.5 g	0 mg	20 mg	37 g	4 g	12 g	8 g	0%	0%	4%	15%
Magical Mystery Mix	3 Tbs	28 g	130	60	7 g	2.5 g	0 mg	10 mg	17 g	1 g	13 g	2 g	0%	0%	2%	4%
Maple Almond Date Granola	1/2 Cup	60 g	280	90	11 g	1 g	0 mg	0 mg	39 g	5 g	9 g	8 g	0%	0%	4%	20%
Organic Antioxidant Super Fruit Trail Mix	3 Tbs	26 g	120	70	8 g	2 g	0 mg	5 mg	14 g	2 g	9 g	3 g	10%	0%	0%	8%
Organic Apple Raisin Walnut Granola	1/2 Cup	52 g	230	70	8 g	1 g	0 mg	0 mg	33 g	4 g	9 g	6 g	0%	0%	2%	10%

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Organic Chocolate Trail Mix	3 Tbs	29 g	140	80	9 g	2.5 g	0 mg	20 mg	14 g	2 g	10 g	4 g	0%	0%	0%	6%
Organic Cinnamon Spice & Everything Nice	1/2 Cup	56 g	240	70	8 g	1 g	0 mg	0 mg	37 g	4 g	13 g	6 g	0%	0%	2%	10%
Organic Gluten Free Crispy Fruity	2/3 Cup	56 g	250	80	9 g	1.5 g	0 mg	10 mg	39 g	2 g	17 g	4 g	0%	0%	6%	10%
Organic Harvest Trail Mix	¼ Cup	31 g	120	50	6 g	0.5 g	0 mg	5 mg	16 g	2 g	2 g	2 g	0%	2%	2%	6%
Organic Hemp & Flax Granola	½ Cup	52 g	230	80	9 g	1 g	0 mg	60 mg	34 g	4 g	10 g	6 g	0%	0%	0%	8%
Organic High Protein Granny Smith Apple Granola	2/3 Cup	58 g	260	90	10 g	1 g	0 mg	140 mg	35 g	4 g	13 g	10 g	0%	0%	4%	10%
Organic Magical Maple Granola	½ Cup	50 g	220	70	8 g	1 g	0 mg	20 mg	34 g	3 g	10 g	6 g	0%	0%	2%	8%
Organic Paleo Granola	1/2 Cup	51 g	300	230	26 g	12 g	0 mg	10 mg	14 g	5 g	4 g	7 g	8%	2%	4%	15%
Organic Unsweetened Berry Coconut	½ Cup	54g	250	100	12	2.5	0mg	60mg	31g	5g	3g	7g	0%	0%	2%	10%
Organic Unsweetened Cinn.Rais. Alm.	½ Cup	51g	230	100	11g	2g	0mg	55mg	30g	5g	5g	6g	0%	0%	4%	10%
100% Organic Muesli	½ Cup	60 g	220	45	5g	0.5 g	0 mg	0 mg	40 g	8 g	12 g	8 g	0%	2%	4%	15%

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Outrageous Raspberry, Low Fat	1/2 Cup	48 g	200	30	3 g	0 g	0 mg	40 mg	37 g	4 g	14 g	6g	0%	0%	4%	8%
Pecan Splendor Granola	1/2 Cup	65 g	290	120	13 g	1.5 g	0 mg	45 mg	37 g	5 g	9 g	8 g	0%	0%	6%	15%
Probiotic Raspberry Almond Granola	1/2 Cup	48 g	200	30	3 g	0 g	0 mg	40 mg	37 g	4 g	14 g	6g	0%	0%	4%	8%
Save the Forest® Chocolate Mix	1/4 Cup	34 g	140	70	8 g	2.5 g	0 mg	5 mg	20 g	2 g	15 g	2 g	0%	0%	2%	4%
Save the Forest® Nut Granola	1/2 Cup	60 g	270	110	12 g	2.5 g	0 mg	50 mg	36g	4 g	12 g	7 g	0%	0%	6%	10%
Tex Mex Mix	1/3 Cup	33 g	170	100	11 g	1.5 g	0 mg	250 mg	14 g	3 g	1 g	5 g	0%	0%	2%	4%
Vanilla Passion Mix	1/4 Cup	32 g	150	70	8 g	3.5 g	0 mg	10 mg	19 g	1 g	12 g	3 g	0%	15%	4%	4%

Packaged Products

All Natural Pouches

Product	Serving Size	Serving Size (grams)	Calories	Calories from Fat	Total Fat	Sat. Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Banana Walnut Granola - 12 oz. Pouches (340g)	1/2 Cup	55 g	260	110	12 g	3 g	0 mg	25 mg	34 g	4 g	11 g	6g	2%	2%	2%	8%
Honey Nut Cinnamon Granola - 12 oz. Pouches (340g)	1/2 Cup	60 g	270	110	12 g	2.5 g	0 mg	45 mg	35 g	4 g	11 g	7 g	0%	0%	8%	15%
Probiotic Raspberry Almond Granola - 11 oz. Pouches (312g)	1/2 Cup	48 g	200	30	3 g	0 g	0 mg	40 mg	37 g	4 g	14 g	6g	0%	0%	4%	8%

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Organic Pouches																
Product	Serving Size	Serving Size (grams)	Calories	Calories from Fat	Total Fat	Sat. Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Organic Gluten Free Crispy Fruity Cereal - 10 oz. Pouches (284g)	2/3 Cup	56 g	250	80	9 g	1.5 g	0 mg	10 mg	39 g	2 g	17 g	4 g	0%	0%	6%	10%
Organic Antioxidant Granola - 12 oz. Pouches (340g)	1/2 Cup	53 g	230	60	6 g	.5 g	0 mg	10 mg	37 g	4 g	10 g	6 g	4%	0%	2%	10%
Organic Omega Hemp & Flax Granola - 12 oz. Pouches (340g)	1/2 Cup	52 g	240	90	10 g	1 g	0 mg	60 mg	33 g	4 g	10 g	6 g	0%	0%	2%	10%

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Organic Select Pouches																
Product	Serving Size	Serving Size (grams)	Calories	Calories From Fat	Total Fat	Sat. Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Organic Cranberry Almond Granola Clusters - 12 oz. Pouches (340g)	2/3 Cup	55g	240	80	9g	1g	0mg	30mg	36g	4g	11g	6g	0%	0%	2%	8%
Organic Gluten Free Unsweetened Berry Coconut - 12 oz. Pouches (340g)	1/2Cup	54g	250	100	12g	2.5g	0mg	60mg	31g	5g	3g	7g	0%	0%	2%	10%
Organic Unsweetened Raisin Muesli - 10 oz. Pouches (284g)	2/3 Cup	53g	200	30	3.5g	0g	0mg	40mg	38g	5g	8g	6g	2%	0%	2%	15%
Organic High Protein Blueberry Harvest - 12 oz. Pouches	2/3 Cup	58g	260	90	10g	1g	0mg	140mg	35g	5g	12g	10g	0%	2%	4%	10%
Organic High Protein Unsweetened 5 Seed Granola - 12 oz. Pouches	1/2Cup	56g	270	130	14g	2.5g	0mg	120mg	28g	6g	4g	10g	0%	0%	10%	15%
Organic Gluten Free Pumpkin Spice Granola Clusters - 10 oz. Pouches	2 oz.	57g	240	70	7g	1g	0mg	160mg	40g	4g	13g	6g	0%	0%	6%	10%

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Organic High Protein Ginger Granola Clusters - 10 oz. Pouches	2 oz.	57g	260	80	9g	1g	0mg	190mg	38g	4g	14g	10g	0%	0%	10%	15%