



nature's habit[®]



12oz Granola

- * Whole grain—heart healthy
- * Good source of fiber and protein
- * Fun packaging that emphasizes an active lifestyle and healthy ingredients
- * Resealable pouch
- * Incredible crunch and great flavor
- * 14-month shelf life



PRODUCT DESCRIPTION	ITEM No.	UPC CODE	UNIT SIZE	CASE CUBE	CASES/LAYERS	CASES/PALLET	CASE PACK	CASE WT.	SRP
Granola with Almonds & Pecans	65105	7 63190 65105 5	12 oz	.33	13	156	6	6 lb	6.99
Granola with Cranberries, Cherries, Almonds & Pecans	65106	7 63190 65106 2	12 oz	.33	13	156	6	6 lb	6.99
Granola with Blueberries, Apples, Almonds, Pecans & Seeds	65107	7 63190 65107 9	12 oz	.33	13	156	6	6 lb	6.99
Granola with Cocoa, Cherries Almonds & Pecans	65108	7 63190 65108 6	12 oz	.33	13	156	6	6 lb	6.99
Granola with Vanilla, Almonds & Pecans	65141	7 63190 65141 3	12 oz	.33	13	156	6	6 lb	6.99
Granola with Banana Chips, Almonds & Pecans	65142	7 63190 65142 0	12 oz	.33	13	156	6	6 lb	6.99

12oz Nature's Habit Granola

granola with almonds & pecans

Nutrition Facts Serv. Size: 1/3 cup (30g), Servings: about 11. Amount Per Serving: **Calories** 120, Calories from Fat 40, **Total Fat** 4g (7% DV), Saturated Fat 1.5g (7% DV), Trans Fat 0g, **Sodium** 50mg (2% DV), **Total Carbohydrate** 19g (6% DV), Dietary Fiber 3g (12% DV), Sugars 7g, **Protein** 3g, Calcium (2% DV), Iron (4% DV). Not a significant source of cholesterol, vitamin A & vitamin C. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown Sugar, Almonds, Coconut, Pecans, Maltodextrin (dietary fiber), Natural Flavor, Salt, Cinnamon, Mixed Tocopherols (vitamin E, soybean oil). **ALLERGENS:** Almonds, Pecans & Coconut. Caution: Occasional pits and shells may occur.



granola with cranberries, cherries, almonds & pecans

Nutrition Facts Serv. Size: 1/3 cup (30g), Servings: about 11 Amount Per Serving: **Calories** 110, Calories from Fat 35, **Total Fat** 4g (6% DV), Saturated Fat 1.5g (8% DV), Trans Fat 0g, **Sodium** 45mg (2% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber 3g (11% DV), Sugars 8g, **Protein** 3g, Calcium (2% DV), Iron (4% DV). Not a significant source of cholesterol, vitamin A, and vitamin C. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown Sugar, Dried Cranberries (cranberries, sugar, sunflower oil), Almonds, Coconut, Pecans, Dried Cherries (cherries, sugar, sunflower oil), Maltodextrin (dietary fiber), Natural Flavor, Salt, Cinnamon, Mixed Tocopherols (vitamin E, soybean oil) **ALLERGENS:** Almonds, Pecans and Coconut. Caution: Occasional pits and shells may occur.



granola with vanilla, almonds & pecans

Nutrition Facts Serv. Size: 1/3 cup (30g), Servings: about 11. Amount Per Serving: **Calories** 120, Calories from Fat 40, **Total Fat** 4g (7% DV), Saturated Fat 1.5g (7% DV), Trans Fat 0g, **Sodium** 50mg (2% DV), **Total Carbohydrate** 19g (6% DV), Dietary Fiber 3g (11% DV), Sugars 7g, **Protein** 3g, Calcium (2% DV), Iron (6% DV). Not a significant source of cholesterol, vitamin A & vitamin C. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown Sugar, Almonds, Coconut, Pecans, Maltodextrin (dietary fiber), Natural Vanilla Flavor, Salt, Mixed Tocopherols (vitamin E, soybean oil). **ALLERGENS:** Almonds, Pecans & Coconut. Caution: Occasional pits and shells may occur.



granola with apples, blueberries, almonds, pecans & 4 seeds

Nutrition Facts Serv. Size: 1/3 cup (30g), Servings: about 11 Amount Per Serving: **Calories** 120, Calories from Fat 45, **Total Fat** 5g (8% DV), Saturated Fat 1.5g (8% DV), Trans Fat 0g, **Sodium** 40mg (2% DV), **Total Carbohydrate** 16g (5% DV), Dietary Fiber 3g (13% DV), Sugars 7g, **Protein** 3g, Calcium (2% DV), Iron (6% DV). Not a significant source of cholesterol, vitamin A, and vitamin C. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown Sugar, Almonds, Coconut, Pecans, Dried Apples, Flaxseeds, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Dried Blueberries (blueberries, sugar, sunflower oil), Maltodextrin (dietary fiber), Natural Flavor, Salt, Cinnamon, Mixed Tocopherols (vitamin E, soybean oil) **ALLERGENS:** Almonds, Pecans and Coconut. Caution: Occasional pits and shells may occur.



granola with cocoa, cherries, almonds & pecans

Nutrition Facts Serv. Size: 1/3 cup (30g), Servings: about 11 Amount Per Serving: **Calories** 110, Calories from Fat 40, **Total Fat** 4.5g (7% DV), Saturated Fat 2g (9% DV), Trans Fat 0g, **Sodium** 40mg (2% DV), **Total Carbohydrate** 16g (5% DV), Dietary Fiber 3g (12% DV), Sugars 7g, **Protein** 3g, Calcium (2% DV), Iron (8% DV). Not a significant source of cholesterol, vitamin A, and vitamin C. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown Sugar, Almonds, Coconut, Dried Cherries (cherries, sugar, sunflower oil), Pecans, Cocoa, Maltodextrin (dietary fiber), Natural Flavors, Salt, Cinnamon, Mixed Tocopherols (vitamin E, soybean oil) **ALLERGENS:** Almonds, Pecans and Coconut. Caution: Occasional pits and shells may occur.



granola with banana chips, almonds & pecans

Nutrition Facts Serv. Size: 1/3 cup (30g), Servings: about 11. Amount Per Serving: **Calories** 120, Calories from Fat 45, **Total Fat** 5g (7% DV), Saturated Fat 2g (11% DV), Trans Fat 0g, **Sodium** 45mg (2% DV), **Total Carbohydrate** 19g (6% DV), Dietary Fiber 3g (11% DV), Sugars 8g, **Protein** 3g, Calcium (2% DV), Iron (4% DV). Not a significant source of cholesterol, vitamin A & vitamin C. Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown Sugar, Banana Chips (banana, sugar, coconut oil, natural banana flavoring), Almonds, Coconut, Pecans, Maltodextrin (dietary fiber), Natural Flavors, Salt, Mixed Tocopherols (vitamin E, soybean oil). **ALLERGENS:** Almonds, Pecans & Coconut. Caution: Occasional pits and shells may occur.

