

Nutrition and Diet Services

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Client Name: **Primal Island**
 Product: **Toasted Coconut Granola (rev. 02)**

Nutrition Facts	
Serving Size 1/2 Cup (34 grams)	
Servings Per Container 10	
Amount Per Serving	
Calories 190	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 8g	41%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

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If this ingredient statement contains "(list sub-ingredients)", FDA requires you to insert all sub-ingredients within the parentheses for a Full Disclosure Ingredient Statement. NDS can complete a full disclosure statement for an additional charge.

Ingredients: Organic Coconut Flakes, Organic Almonds, Raw Wildflower Honey, Organic Pecans, Organic Ground Flax Seeds, Organic Vanilla Extract, Organic Hazelnuts, Organic Coconut Oil, Organic Almond Extact, Organic Cinnamon, Organic Sesame Seeds, Organic Nutmeg.