



## Nutrition Facts

Serving Size 1 bar 2 oz 57g (57 g)  
 Servings per container 1

Amount Per Serving	
<b>Calories</b> 271	Calories from Fat 122
% Daily Value*	
<b>Total Fat</b> 14g	21%
Saturated Fat 5g	26%
Trans Fat 0g	
<b>Cholesterol</b> 7mg	2%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 35g	12%
Dietary Fiber 1g	5%
Sugars 29g	
<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 5%	Iron 2%

### Ingredients

Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Skim Milk, Lactose, Milkfat, Soy Lecithin, Artificial Flavor) Peanuts, **Corn Syrup**, Milkfat, Skim Milk, Vegetable Oil (**Partially Hydrogenated Soybean and/or Hydrogenated Palm Kernel Oil**) Salt, Lactose, Egg Whites, Chocolate, Artificial Flavor.

Average candy bars use cheap “filler” ingredients that result in high saturated fats and high sugar content.

If there is less than 1g trans fat, the FDA allows the producer to claim 0g (i.e. .9g = 0g). However, all partially hydrogenated oils have trans fat, which means that although the nutrition facts claim “zero” there are trans fats in this snack.

**High Fructose Corn Syrup** is cheap and has adds shelf life, but burns very high on the glycemic index, meaning that the sugar is immediately metabolized by the body, resulting in a sugar spike followed by a crash—leaving us hungry & moody *again*.

**Partially Hydrogenated Oils** do not exist in nature and actually interfere with the body's ability to ingest and utilize good fats and nutrients—not only leaving us fatter, but also preventing the absorption of vitamins and essential fatty acids make us healthy and feel good.



## Nutrition Facts

Serving Size 1 bar (37g)  
 Servings per container 1

Amount/Serving		%Daily Value
<b>Calories</b> 150	Calories from Fat 40	
<b>Total Fat</b> 4.5g	7%	
Saturated Fat 1g	5%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 190mg	8%	
<b>Total Carbohydrate</b> 25g	8%	
Dietary Fiber 2g	8%	
<b>Sugars</b> 13g		
<b>Protein</b> 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 4%	

### Ingredients

**Organic Brown Rice Syrup**, Chocolate Chips (Malted Barley and Corn, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Pure Vanilla), Organic Flour, Whole Wheat Flour, Vegan Marshmallows (Evaporated Can Juice, Tapioca Syrup, Potato Starch, Water, Carrageenan, Soy Protein, Natural Vanilla Flavor), **Organic Flax Seed**, Organic Brown Rice, Organic Naturally Milled Sugar, Organic Evaporated Can Juice, Expeller Pressed Canola Oil, Organic Rice Syrup, **Organic Hemp Seed**, Organic Oat Flour, Organic Molasses, Baking Powder, Vanilla Powder, Salt, Natural Flavors, Natural Tocopherols, Citric Acid, Ascorbic Acid, Arabic Gum

Although HALO bars are 20g smaller than an average candy bar, they are proportionally much lower in fat and sugar

In contrast to typical sugars like corn syrup, **Brown Rice Syrup** has a low glycemic value and does not cause a sudden spike in blood sugar. This kind of sugar takes between 1.5 – 3 hours to metabolize, resulting in a constant supply of energy spread over a long time rather than a sudden rush.

**Flax Seed** is very high in alpha linolenic acid (ALA), an Omega-3 fat which helps protect against heart disease, cancer, diabetes, high-blood pressure and provides comparable cholesterol-lowering benefits to statin drugs.

**Hemp Seed** is recognized as nature's highest botanical source of essential fatty acids, including Omega-6 & Omega-3.