



ingredients you can see & pronounce®

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)**
Caramel Almond Pumpkin Spice	5	4	8%	1
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



ingredients you can see & pronounce®

Added Sugar in KIND® Core 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
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
Peanut Butter & Strawberry	9	6	12%	1 ½
Raspberry Cashew & Chia	10	6	12%	1 ½
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



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

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
Dark Chocolate Almond & Coconut	6	4	8%	1
Dark Chocolate Nuts & Sea Salt	3	2	4%	1/2
Dark Chocolate Cherry Cashew	6	3	6%	3/4
Peanut Butter Dark Chocolate	5	4	8%	1
Salted Caramel & Dark Chocolate Nut	3	2	4%	1/2



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

Added Sugar in KIND Protein from Real Food™

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Almond Butter Dark Chocolate	8	6	12%	1 ½
Crunchy Peanut Butter	8	6	12%	1 ½
Double Dark Chocolate	8	6	12%	1 ½
Toasted Caramel Nut	8	6	12%	1 ½
White Chocolate Cinnamon Almond	8	6	12%	1 ½



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

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



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

Added Sugar in Pressed by KIND™

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Strawberry Apple Chia	19	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

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Dark Chocolate Strawberry	19	1	2%	¼
Dark Chocolate Banana	18	1	2%	¼



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



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

Added Sugar in KIND Healthy Grains® bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Almond Butter Dark Chocolate	7	7	14%	1 ¾
Cinnamon Oat	5	5	10%	1 ¼
Dark Chocolate Chunk	8	8	16%	2
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
Vanilla Blueberry	7	7	14%	1 ¾



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

** 1 tsp sugar = ~4.2g sugar



Added Sugar in KIND Healthy Grains® clusters*

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value**	Added Sugar (teaspoons)***
Almond Butter Whole Grain Clusters	11	11	22%	2 ¾
Cinnamon Oat Clusters with Flax Seeds	10	9	18%	2 ¼
Dark Chocolate Whole Grain Clusters	7	7	14%	1 ¾
Maple Quinoa Clusters with Chia Seeds	13	13	26%	3 ¼
Oats & Honey Clusters with Toasted Coconut	11	11	22%	2 ¾
Peanut Butter Whole Grain Clusters	11	11	22%	2 ¾
Raspberry Clusters with Chia Seeds	7	5	10%	1 ¼
Vanilla Blueberry Clusters with Flax Seeds	9	8	16%	2



* All values based on ⅓ cup servings

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

*** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

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
Peanut Butter Banana	9	7	14%	1 ¾
Dark Chocolate				



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

Added Sugar in KIND® Breakfast Probiotics bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Peanut Butter Dark Chocolate	9	8	16%	2
Apple Cinnamon	10	9	18%	2 ¼
Orange Cranberry	10	8	16%	2



Added Sugar in KIND Kids™ bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Chewy Chocolate Chip	5	5	10%	1 ¼
Chewy Honey Oat	5	5	10%	1 ¼
Chewy Peanut Butter	5	5	10%	1 ¼



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

** 1 tsp sugar = ~4.2g sugar



ingredients you can see & pronounce®

Added Sugar in KIND Nut Butter Filled Snack Bar™

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Chocolate Peanut Butter	8	8	16%	2
Honey Almond Butter	8	8	16%	2



Added Sugar in KIND® Simple Crunch bars

	Total Sugar (grams)	Added Sugar (grams)	Added Sugar % Daily Value*	Added Sugar (teaspoons)**
Oats & Honey	9	9	18%	2 ¼
Peanut Butter	9	9	18%	2 ¼
Dark Chocolate & Oats	9	9	18%	2 ¼



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

** 1 tsp sugar = ~4.2g sugar