# get to know the different product lines and a nutritional overview of each



#### KIND® Fruit & Nut Bars

Made with whole nuts and pieces of fruit, like apples, blueberries and cranberries. Easy to recognize, pronounce and enjoy.



#### KIND® Minis

Mini bar, massive flavor. Made from the KIND flavors you know and love with 100 calories or less per bar.



#### KIND Healthy Grains® Clusters

Snackable granola with a unique blend of five super grains – oats, millet, buckwheat, amaranth, quinoa. Each 1/2 cup serving provides more than one full serving of whole grains. Enjoy any way you like: snack on-the-go, over yogurt or with milk.



## KIND Kids™ Bars

Chewy granola bar in tasty varieties that kids will love. Provides 1/2 serving of 100% whole grains and no artificial flavors, colors or preservatives.



# Pressed by KIND® Dark Chocolate Bars

Chocolate-coated fruit bar with one 1/2 cup serving of fruit and 1g of added sugar.



#### KIND® PLUS Bars

Whole nuts and fruit with a little something extra – an added boost of nutrients.



## KIND Protein<sup>™</sup> From Real Food

Made with delicious ingredients like chocolate, caramel, white chocolate and peanut butter and blended with simple and nutritious whole nuts with 12 grams of protein.



#### KIND® Breakfast Bars

Soft-baked with a crispy outside

- this blend of five super grains
provides sustained energy from
whole grains. Each two-bar pack
has at least one full serving of
whole grains. Enjoy on-the-go or as
part of a balanced breakfast: dip
in Greek yogurt, pair with fruit or
with coffee/milk.



# KIND® Sweet & Spicy Bars

Bold, sweet and spicy flavors, packed with 10g of plant-based protein from whole almonds, pumpkin seeds, and pea protein – no soy, whey or dairy. Ideal for in-between meals, or paired with cheese, or an apple.



#### KIND® Fruit Bites

Made with only three fruit ingredients or less – each pouch provides one 1/2 cup serving of fruit, with no sugar added, juice concentrates or purees.



#### KIND® Nuts & Spices Bars

Whole nuts, seasoned with delicious spices for a seemingly indulgent snack. Each bar has 5g of sugar or less, and no artificial sweeteners or sugar alcohols.



#### KIND Healthy Grains® Bars

Baked with at least five super grains to create a unique chewy and crunchy texture. Each bar provides at least one full serving of whole grains.



#### KIND® Breakfast Protein

Soft-baked with a crispy outside, and provides sustained energy from whole grains. Each two-bar pack has at least one full serving of whole grains and is a good source of protein.



## Pressed by KIND® Bars

Made with only fruit & chia or fruit & veggies. Every flavor has five ingredients or less with no sugar added and two 1/2 cup servings of fruit. The quick, convenient way to add fruit to your daily routine.