### Added Sugar in KIND® Nut & Spices bars (KIND’s best-selling line)

<table>
<thead>
<tr>
<th>Bar Flavor</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caramel Almond Pumpkin Spice</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Caramel Almond &amp; Sea Salt</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Almond Mint</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Chili Almond</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Cinnamon Pecan</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Mocha Almond</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Nuts &amp; Sea Salt</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Honey Roasted Nuts &amp; Sea Salt</td>
<td>5</td>
<td>3</td>
<td>6%</td>
<td>¾</td>
</tr>
<tr>
<td>Madagascar Vanilla Almond</td>
<td>4</td>
<td>2</td>
<td>4%</td>
<td>½</td>
</tr>
<tr>
<td>Maple Glazed Pecan &amp; Sea Salt</td>
<td>5</td>
<td>3</td>
<td>6%</td>
<td>¾</td>
</tr>
<tr>
<td>Salted Caramel &amp; Dark Chocolate Nut</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
</tbody>
</table>

* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
** 1 tsp sugar = ~4.2g sugar
### Added Sugar in KIND® Core bars

<table>
<thead>
<tr>
<th>Flavour</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond &amp; Apricot</td>
<td>10</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Almond &amp; Coconut</td>
<td>13</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Apple Cinnamon &amp; Pecan</td>
<td>10</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Blueberry Vanilla Cashew</td>
<td>7</td>
<td>3</td>
<td>6%</td>
<td>¾</td>
</tr>
<tr>
<td>Dark Chocolate Almond &amp; Coconut</td>
<td>12</td>
<td>9</td>
<td>18%</td>
<td>2 ¼</td>
</tr>
<tr>
<td>Fruit &amp; Nut</td>
<td>7</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Peanut Butter &amp; Strawberry</td>
<td>9</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Raspberry Cashew &amp; Chia</td>
<td>10</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Blueberry Pecan + Fiber</td>
<td>8</td>
<td>3</td>
<td>6%</td>
<td>¾</td>
</tr>
<tr>
<td>Cranberry Almond + Antioxidants with Macadamia Nuts</td>
<td>8</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Cherry Cashew + Antioxidants</td>
<td>11</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Peanut Butter Dark Chocolate</td>
<td>9</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Pomegranate Blueberry Pistachio + Antioxidants</td>
<td>8</td>
<td>3</td>
<td>6%</td>
<td>¾</td>
</tr>
</tbody>
</table>

* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
** 1 tsp sugar = ~4.2g sugar
### Added Sugar in KIND® Minis

<table>
<thead>
<tr>
<th>Flavored Bar</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caramel Almond &amp; Sea Salt</td>
<td>3</td>
<td>2</td>
<td>4%</td>
<td>½</td>
</tr>
<tr>
<td>Dark Chocolate Almond &amp; Coconut</td>
<td>6</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Dark Chocolate Nuts &amp; Sea Salt</td>
<td>3</td>
<td>2</td>
<td>4%</td>
<td>½</td>
</tr>
<tr>
<td>Dark Chocolate Cherry Cashew</td>
<td>6</td>
<td>3</td>
<td>6%</td>
<td>¾</td>
</tr>
<tr>
<td>Peanut Butter Dark Chocolate</td>
<td>5</td>
<td>4</td>
<td>8%</td>
<td>1</td>
</tr>
<tr>
<td>Salted Caramel &amp; Dark Chocolate Nut</td>
<td>3</td>
<td>2</td>
<td>4%</td>
<td>½</td>
</tr>
</tbody>
</table>

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

** 1 tsp sugar = ~4.2g sugar
## Added Sugar in KIND Protein from Real Food™

<table>
<thead>
<tr>
<th>Flavors</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Butter Dark Chocolate</td>
<td>8</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Crunchy Peanut Butter</td>
<td>8</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Double Dark Chocolate</td>
<td>8</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Toasted Caramel Nut</td>
<td>8</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>White Chocolate Cinnamon Almond</td>
<td>8</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
</tbody>
</table>

* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
** 1 tsp sugar = ~4.2g sugar
### Added Sugar in Sweet & Spicy KIND® bars

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chipotle Honey Mustard</td>
<td>6</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Korean Chili</td>
<td>6</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Roasted Jalapeño</td>
<td>6</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Sweet Cayenne BBQ</td>
<td>6</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Thai Sweet Chili</td>
<td>7</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
</tbody>
</table>

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

** 1 tsp sugar = ~4.2g sugar
### Added Sugar in Pressed by KIND™

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Apple Chia</td>
<td>19</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Cherry Apple Chia</td>
<td>17</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Mango Apple Chia</td>
<td>21</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Pineapple Banana Kale Spinach</td>
<td>18</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Dark Chocolate Strawberry</td>
<td>19</td>
<td>1</td>
<td>2%</td>
<td>¼</td>
</tr>
<tr>
<td>Dark Chocolate Banana</td>
<td>18</td>
<td>1</td>
<td>2%</td>
<td>¼</td>
</tr>
</tbody>
</table>

* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
** 1 tsp sugar = ~4.2g sugar

### Added Sugar in KIND® Fruit Bites

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Cherry Apple</td>
<td>11</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Mango Pineapple Apple</td>
<td>11</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
<tr>
<td>Cherry Apple</td>
<td>11</td>
<td>0</td>
<td>0%</td>
<td>0</td>
</tr>
</tbody>
</table>

* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
** 1 tsp sugar = ~4.2g sugar
## Added Sugar in KIND Healthy Grains® bars

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Butter Dark Chocolate</td>
<td>7</td>
<td>7</td>
<td>14%</td>
<td>1 ¾</td>
</tr>
<tr>
<td>Cinnamon Oat</td>
<td>5</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Dark Chocolate Chunk</td>
<td>8</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Double Dark Chocolate</td>
<td>5</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Maple Pumpkin Seeds with Sea Salt</td>
<td>5</td>
<td>5</td>
<td>10%</td>
<td>1 ¼</td>
</tr>
<tr>
<td>Oats &amp; Honey with Toasted Coconut</td>
<td>6</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
<tr>
<td>Peanut Butter Dark Chocolate</td>
<td>7</td>
<td>7</td>
<td>14%</td>
<td>1 ¾</td>
</tr>
<tr>
<td>Vanilla Blueberry</td>
<td>7</td>
<td>7</td>
<td>14%</td>
<td>1 ¾</td>
</tr>
</tbody>
</table>

* 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*

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value**</th>
<th>Added Sugar (teaspoons)***</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Butter Whole Grain Clusters</td>
<td>11</td>
<td>11</td>
<td>22%</td>
<td>2 3/4</td>
</tr>
<tr>
<td>Cinnamon Oat Clusters with Flax Seeds</td>
<td>10</td>
<td>9</td>
<td>18%</td>
<td>2 1/4</td>
</tr>
<tr>
<td>Dark Chocolate Whole Grain Clusters</td>
<td>7</td>
<td>7</td>
<td>14%</td>
<td>1 3/4</td>
</tr>
<tr>
<td>Maple Quinoa Clusters with Chia Seeds</td>
<td>13</td>
<td>13</td>
<td>26%</td>
<td>3 1/4</td>
</tr>
<tr>
<td>Oats &amp; Honey Clusters with Toasted Coconut</td>
<td>11</td>
<td>11</td>
<td>22%</td>
<td>2 3/4</td>
</tr>
<tr>
<td>Peanut Butter Whole Grain Clusters</td>
<td>11</td>
<td>11</td>
<td>22%</td>
<td>2 3/4</td>
</tr>
<tr>
<td>Raspberry Clusters with Chia Seeds</td>
<td>7</td>
<td>5</td>
<td>10%</td>
<td>1 1/4</td>
</tr>
<tr>
<td>Vanilla Blueberry Clusters with Flax Seeds</td>
<td>9</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
</tbody>
</table>

* All values based on 2/3 cup servings
** FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
*** 1 tsp sugar = ~4.2g sugar
### Added Sugar in KIND® Breakfast bars

<table>
<thead>
<tr>
<th>Flavour</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Almond</td>
<td>11</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Honey Oat</td>
<td>9</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>8</td>
<td>6</td>
<td>12%</td>
<td>1 ½</td>
</tr>
</tbody>
</table>

### Added Sugar in KIND® Breakfast Protein bars

<table>
<thead>
<tr>
<th>Flavour</th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond Butter</td>
<td>10</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Dark Chocolate Cocoa</td>
<td>10</td>
<td>9</td>
<td>18%</td>
<td>2 ¼</td>
</tr>
<tr>
<td>Maple Cinnamon</td>
<td>10</td>
<td>9</td>
<td>18%</td>
<td>2 ¼</td>
</tr>
<tr>
<td>Peanut Butter Banana</td>
<td>9</td>
<td>7</td>
<td>14%</td>
<td>1 ¾</td>
</tr>
<tr>
<td>Dark Chocolate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

** 1 tsp sugar = ~4.2g sugar
## Added Sugar in KIND® Breakfast Probiotics bars

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter Dark Chocolate</td>
<td>9</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Apple Cinnamon</td>
<td>10</td>
<td>9</td>
<td>18%</td>
<td>2.25</td>
</tr>
<tr>
<td>Orange Cranberry</td>
<td>10</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
</tbody>
</table>

## Added Sugar in KIND Kids™ bars

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chewy Chocolate Chip</td>
<td>5</td>
<td>5</td>
<td>10%</td>
<td>1.25</td>
</tr>
<tr>
<td>Chewy Honey Oat</td>
<td>5</td>
<td>5</td>
<td>10%</td>
<td>1.25</td>
</tr>
<tr>
<td>Chewy Peanut Butter</td>
<td>5</td>
<td>5</td>
<td>10%</td>
<td>1.25</td>
</tr>
</tbody>
</table>

* FDA Daily Reference Value for Added Sugars is 50 grams (~12 teaspoons)
** 1 tsp sugar = ~4.2g sugar
### Added Sugar in KIND Nut Butter Filled Snack Bar™

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate Peanut Butter</td>
<td>8</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
<tr>
<td>Honey Almond Butter</td>
<td>8</td>
<td>8</td>
<td>16%</td>
<td>2</td>
</tr>
</tbody>
</table>

### Added Sugar in KIND® Simple Crunch bars

<table>
<thead>
<tr>
<th></th>
<th>Total Sugar (grams)</th>
<th>Added Sugar (grams)</th>
<th>Added Sugar % Daily Value*</th>
<th>Added Sugar (teaspoons)**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats &amp; Honey</td>
<td>9</td>
<td>9</td>
<td>18%</td>
<td>2 1/4</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>9</td>
<td>9</td>
<td>18%</td>
<td>2 1/4</td>
</tr>
<tr>
<td>Dark Chocolate &amp; Oats</td>
<td>9</td>
<td>9</td>
<td>18%</td>
<td>2 1/4</td>
</tr>
</tbody>
</table>

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

** 1 tsp sugar = ~4.2g sugar