

Nutritional Bars

A Healthy Snack Alternative



Flavors

Chocolate Peanut Butter
Chocolate Coconut
Yogurt Oatmeal Raisin

Ingredients

10 Grams of High Quality Soy Protein
19 Grams of Carbohydrates
Full Spectrum of Vitamins & Minerals
Antioxidants
Low in Calories - 170 or less per bar
Low in Saturated Fat
High in Potassium

Recommended Use

The NuChoice Nutritional Bars are a great tasting option for an afternoon snack on your Diet Day when following the One Day Weight Loss System. The Nutritional Bars are optional as fresh fruit or a Meal Replacement Shake may also serve as an afternoon snack on the One Day Weight Loss System.

The Nutritional Bars may also be used as a meal replacement when you are traveling or on-the-go. They are a great source of energy before or after workouts and a healthy alternative for after-school snacks for the kids.

Why It Works

Watching your weight doesn't mean that you can't satisfy your sweet tooth. Never has a bar that tasted this good been so healthy for you. Each NuChoice Nutritional Bar has only 170 or less calories, yet provides nearly 1/3 of your Daily Value for most vitamins and minerals. It's the perfect snack or meal replacement when you are too busy to make a shake. Convenient, nutritious and scrumptious! One bite and you'll be hooked!

Numerous studies have shown that using a structured diet plan, which includes meal replacements, dramatically increases your chances of success. Meal Replacements work because they take the guesswork out of calorie reduction. However, most low calorie diets do not work well because the body readjusts its basal metabolic rate (BMR) downward to compensate for the fewer available calories (Davies et al. 1989). The every other day approach is what makes the NuChoice system work where others fail.

The NuChoice Meal Replacement Shakes and Nutritional Bars can cut significant calories, while providing superior nutrition and exceptional taste without reducing the body's metabolism. It is required that you eat 3 balanced meals on your Food Day when you are on the NuChoice system to guarantee that your metabolism stays active and that you reach your weight loss goals safely and effectively.

CHOCOLATE COCONUT BARS

INGREDIENTS: High fructose corn syrup, corn syrup, soy protein isolate, honey, sugar, coconut, whey protein concentrate, calcium caseinate, natural and artificial flavors, toasted soy pieces, apple juice concentrate, raisins, apples, cocoa (processed with alkali), cocoa, nonfat milk, calcium phosphate, soy lecithin, ground almonds, sorbitan monostearate, sodium ascorbate, ferric orthophosphate, polysorbate 60, salt, alpha-tocopherol acetate, niacinamide, zinc oxide, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, folic acid, biotin, potassium iodide, vitamin D3, vitamin B12.

Nutrition Facts

Serving Size 1 Bar (41 g / 1.44 oz)
Servings Per Container 12

Amount Per Serving:

Calories 160 Calories from Fat 45

	% Daily Value
Total Fat 5 g	8%
Saturated Fat 3.5 g	18%
Cholesterol 10 mg	3%
Sodium 150 mg	6%
Potassium 90 mg	3%
Total Carbohydrate 20 g	7%
Dietary Fiber less than 1 gram	2%
Sugars 15 g	
Protein 10 g	20%

Vitamin A 30%	• Folate 35%
Vitamin C 30%	• Vitamin B12 30%
Calcium 15%	• Biotin 30%
Iron 35%	• Pantothenic Acid 30%
Vitamin D 30%	• Phosphorus 20%
Vitamin E 30%	• Iodine 30%
Thiamin 30%	• Zinc 30%
Riboflavin 30%	• Copper 6%
Vitamin B6 30%	• Chromium 4%
Molybdenum 8%	

CHOCOLATE PEANUT BUTTER BARS

INGREDIENTS: High fructose corn syrup, corn syrup, soy protein isolate, sugar, ground peanuts, partially deffated peanut flour, calcium caseinate, whey protein concentrate, natural and artificial flavor, peanuts, crisp rice (rice flour, malt extract, rice bran), apple juice concentrate, nonfat milk, milk, cocoa, calcium phosphate, glycerine, salt, sodium ascorbate, ferric orthophosphate, alpha-tocopherol acetate, soy lecithin, niacinamide, zinc oxide, calcium pantothenate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, folic acid, biotin, potassium iodide, vitamin D3, vitamin B12.

Nutrition Facts

Serving Size 1 Bar (41 g / 1.44 oz)
Servings Per Container 12

Amount Per Serving:

Calories 170 Calories from Fat 50

	% Daily Value
Total Fat 6 g	9%
Saturated Fat 1.5 g	8%
Cholesterol 5 mg	1%
Sodium 150 mg	6%
Potassium 100 mg	3%
Total Carbohydrate 19 g	6%
Dietary Fiber less than 1 gram	2%
Sugars 14 g	
Protein 10 g	20%

Vitamin A 30%	• Folate 30%
Vitamin C 30%	• Vitamin B12 30%
Calcium 15%	• Biotin 30%
Iron 35%	• Pantothenic Acid 30%
Vitamin D 30%	• Phosphorus 20%
Vitamin E 30%	• Iodine 30%
Thiamin 30%	• Zinc 30%
Riboflavin 30%	• Copper 4%
Vitamin B6 30%	• Magnesium 2%

YOGURT OATMEAL RAISIN BARS

INGREDIENTS: High fructose corn syrup, corn syrup, soy protein isolate, sugar, raisins, calcium caseinate, toasted rolled oats, whey protein concentrate, crisp grain (soy protein isolate, rice flour, malt, salt), canola oil, whey, glycerine, brown sugar calcium phosphate, nonfat yogurt powder (cultured whey, nonfat milk), natural flavor, nonfat milk, soybean oil, spice, salt, sodium ascorbate, honey, soy lecithin, ferric orthophosphate, alpha-tocopherol acetate, niacinamide, zinc oxide, calcium pantothenate, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamine mononitrate, folic acid, biotin, potassium iodide, vitamin D3, vitamin B12.

Nutrition Facts

Serving Size 1 Bar (41 g / 1.44 oz)
Servings Per Container 12

Amount Per Serving:

Calories 160 Calories from Fat 40

	% Daily Value
Total Fat 4.5 g	7%
Saturated Fat 0.5 g	3%
Polyunsaturated Fat 2 g	
Monounsaturated Fat 1.5 g	
Cholesterol < 5 mg	1%
Sodium 160 mg	6%
Potassium 75 mg	2%
Total Carbohydrate 21 g	7%
Dietary Fiber 0 g	
Sugars 11 g	
Protein 10 g	20%

Vitamin A 30%	• Folate 30%
Vitamin C 30%	• Vitamin B12 30%
Calcium 15%	• Biotin 30%
Iron 35%	• Pantothenic Acid 30%
Vitamin D 30%	• Phosphorus 20%
Vitamin E 30%	• Iodine 30%
Thiamin 30%	• Zinc 30%
Riboflavin 30%	• Copper 4%
Niacin 30%	• Chromium 6%
Vitamin B6 30%	• Molybdenum 15%

Directions: The NuChoice™ Nutritional Bars are a delicious and convenient meal replacement or healthy snack alternative. Recommended as an afternoon snack option on the NuChoice™ One Day Weight Loss System. Sensible nutrition, instant energy and only 170 nutritious calories in each bar.

Important Notice: NuChoice™ Meal Replacement Shakes and NuChoice™ Nutritional Bars should not be used as the sole source of nutrition for periods exceeding 24 hours. Before starting any diet plan, consult your physician.

Caution: Pregnant women, women attempting to become pregnant, and nursing mothers should not take this product as part of a weight loss system.

Store in a cool place-preferably below 65 F- especially during hot summer months.