

# DETOUR Simple™

## Caramel Peanut

Nutrition Facts	
Serving Size 1 Bar	
Amount Per Serving	
<b>Calories 120</b>	
Calories from Fat 40	
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
<b>Saturated Fat</b> 1.5g	<b>8%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Potassium</b> 50mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 10g	<b>20%</b>
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 4%	
Riboflavin 4% • Niacin 2%	
Vitamin B6 14% • Vitamin B12 2%	
Phosphorus 4% • Manganese 2%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: DETOUR WHEY PROTEIN BLEND [WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE], GLYCERIN, MILK CHOCOLATE FLAVORED COATING [SUGAR, PALM KERNEL OIL, INULIN, WHOLE MILK POWDER, COCOA PROCESSED WITH ALKALI, NON-GMO SOY LECITHIN (AN EMULSIFIER), VANILLA], NON-GMO SOY PROTEIN ISOLATE, DRY ROASTED PEANUTS [PEANUTS, SPICES], CARAMEL [SOLUBLE FIBER, INULIN, WATER, FRACTIONATED PALM KERNEL OIL, BUTTER, NON FAT DRY MILK, SUNFLOWER LECITHIN, SALT, NATURAL FLAVOR, STEVIA], GELATIN, WATER, NATURAL FLAVORS, NON-GMO SOY PROTEIN CRISPS [SOY PROTEIN ISOLATE, RICE FLOUR], HIGH OLEIC SUNFLOWER OIL, SALT, STEVIA.

**CONTAINS PEANUT, SOY AND MILK INGREDIENTS AND MAY CONTAIN TREE NUTS.**

**Gluten Free and Non-GMO**  
Detour Simple is independently lab tested to verify product compliance with Gluten Free and Non-GMO labeling standards.

A PRODUCT FROM FORWARD FOODS LLC, RENO, NV 89521, 1-800-203-3877.

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## Chocolate Chip Caramel

Nutrition Facts	
Serving Size 1 Bar	
Amount Per Serving	
<b>Calories 110</b>	
Calories from Fat 25	
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
<b>Saturated Fat</b> 2g	<b>10%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Potassium</b> 50mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 10g	<b>20%</b>
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 4%	
Riboflavin 4% • Vitamin B6 14%	
Vitamin B12 0% • Phosphorus 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: DETOUR WHEY PROTEIN BLEND [WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE], GLYCERIN, MILK CHOCOLATE FLAVORED COATING [SUGAR, PALM KERNEL OIL, INULIN, WHOLE MILK POWDER, COCOA PROCESSED WITH ALKALI, NON-GMO SOY LECITHIN (AN EMULSIFIER), VANILLA], NON-GMO SOY PROTEIN ISOLATE, CARAMEL [SOLUBLE FIBER, INULIN, WATER, FRACTIONATED PALM KERNEL OIL, BUTTER, NON FAT DRY MILK, SUNFLOWER LECITHIN, SALT, NATURAL FLAVOR, STEVIA], GELATIN, WATER, MILK CHOCOLATE CHIPS [SUGAR, COCOA BUTTER, CHOCOLATE LIQUOR, MILK, NON-GMO SOY LECITHIN, NATURAL FLAVOR], NON-GMO SOY PROTEIN CRISPS [SOY PROTEIN ISOLATE, RICE FLOUR], NATURAL FLAVORS, COCOA PROCESSED WITH ALKALI, SALT, STEVIA.

**CONTAINS SOY AND MILK INGREDIENTS AND MAY CONTAIN PEANUTS OR TREE NUTS.**

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## Salted Caramel Cookie Dough

Nutrition Facts	
Serving Size 1 Bar	
Amount Per Serving	
<b>Calories 110</b>	
Calories from Fat 35	
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
<b>Saturated Fat</b> 2g	<b>10%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Potassium</b> 50mg	<b>1%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 10g	<b>20%</b>
Vitamin A 0% • Vitamin C 0%	
Calcium 3% • Iron 0%	
Riboflavin 4% • Vitamin B6 10%	
Phosphorus 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: DETOUR WHEY PROTEIN BLEND [WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, WHEY PROTEIN ISOLATE], MILK CHOCOLATE FLAVORED COATING [SUGAR, PALM KERNEL OIL, INULIN, WHOLE MILK POWDER, COCOA PROCESSED WITH ALKALI, NON-GMO SOY LECITHIN (AN EMULSIFIER), VANILLA], GLYCERIN, CARAMEL [SOLUBLE FIBER, INULIN, WATER, FRACTIONATED PALM KERNEL OIL, BUTTER, NON FAT DRY MILK, SUNFLOWER LECITHIN, SALT, NATURAL FLAVOR, STEVIA], CHOCOLATE CHIPS [SUGAR, COCOA BUTTER, CHOCOLATE LIQUOR, MILK, NON-GMO SOY LECITHIN, NATURAL FLAVOR], NON-GMO SOY PROTEIN ISOLATE, GELATIN, WATER, NON-GMO SOY PROTEIN CRISPS [SOY PROTEIN ISOLATE, RICE FLOUR], SUNFLOWER OIL, NATURAL FLAVORS, SALT, STEVIA.

**CONTAINS SOY AND MILK INGREDIENTS AND MAY CONTAIN PEANUTS OR TREE NUTS.**

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**DETOUR**

# SMART<sup>®</sup>

## Gluten Free Oatmeal Bars

### Coconut Almond

Nutrition Facts	
Serving Size 1 Bar	
Amount Per Serving	
<b>Calories 150</b>	
Calories from Fat 45	
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Potassium 80mg</b>	<b>2%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein 10g</b>	<b>20%</b>
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 2%	
Vitamin E 2% • Riboflavin 4%	
Phosphorus 8% • Magnesium 2%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*\*Per Nutrition Facts Listed

INGREDIENTS: GLUTEN FREE ORGANIC ROLLED OATS, SMART PROTEIN BLEND [WHEY PROTEIN ISOLATE, HYDROLYZED WHEY PROTEIN, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE], VEGETABLE GLYCERINE, ALMONDS, COCONUT, INULIN, NON-GMO SOY PROTEIN ISOLATE, GELATIN, WATER, YOGURT COATING [SUGAR, PALM KERNEL OIL, WHEY POWDER, SKIM MILK POWDER, YOGURT POWDER (SKIM MILK AND LACTIC ACID), NON-GMO SOY LECITHIN (AS AN EMULSIFIER)], NATURAL FLAVORS, ORGANIC SUNFLOWER OIL, ORGANIC SUGAR, STEVIA, SALT.

**CONTAINS ALMONDS, SOY AND MILK INGREDIENTS AND MAY CONTAIN PEANUTS OR TREE NUTS.**

MADE WITH 28% ORGANIC INGREDIENTS

**Gluten Free and Non-GMO** Detour SMART is independently lab tested to verify product compliance with Gluten Free and Non-GMO labeling standards.

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### Apple Cinnamon

Nutrition Facts	
Serving Size 1 Bar	
Amount Per Serving	
<b>Calories 130</b>	
Calories from Fat 20	
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Potassium 90mg</b>	<b>3%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 10g</b>	<b>20%</b>
Vitamin A 0% • Vitamin C 10%	
Calcium 6% • Iron 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*\*Per Nutrition Facts Listed

INGREDIENTS: ORGANIC ROLLED OATS, SMART PROTEIN BLEND [WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, HYDROLYZED WHEY PROTEIN, CALCIUM CASEINATE, SOY CRISPS (SOY PROTEIN ISOLATE, RICE FLOUR)], VEGETABLE GLYCERINE, ORGANIC APPLE PUREE PIECES [APPLE(PUREE/CONCENTRATE S/JUICES), CITRUS PECTIN, NATURAL FLAVOR, RICE FLOUR], INULIN, WATER, SOY PROTEIN ISOLATE, GELATIN, ORGANIC FREEZE DRIED APPLE PIECES, ORGANIC SUNFLOWER OIL, ORGANIC SUGAR, GREEK STYLE YOGURT COATING [SUGAR, PALM KERNEL OIL, WHEY PROTEIN CONCENTRATE, YOGURT POWDER (WHEY PROTEIN CONCENTRATE, NON FAT DRY MILK, YOGURT CULTURES), REDUCED MINERAL WHEY POWDER, LACTIC ACID, SOY LECITHIN (AS AN EMULSIFIER)], NATURAL FLAVORS, STEVIA, SALT.

**CONTAINS SOY AND MILK INGREDIENTS AND MAY CONTAIN PEANUTS OR TREE NUTS.**

MADE WITH 38% ORGANIC INGREDIENTS

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## Variety Pack Nutrition Facts

### Blueberry

Nutrition Facts	
Serving Size 1 Bar	
Amount Per Serving	
<b>Calories 130</b>	
Calories from Fat 20	
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Potassium 90mg</b>	<b>3%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 10g</b>	<b>20%</b>
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*\*Per Nutrition Facts Listed

INGREDIENTS: ORGANIC ROLLED OATS, SMART PROTEIN BLEND [WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, HYDROLYZED WHEY PROTEIN, CALCIUM CASEINATE, SOY CRISPS (SOY PROTEIN ISOLATE, RICE FLOUR)], VEGETABLE GLYCERINE, ORGANIC BLUEBERRY PIECES [BLUEBERRIES, APPLE JUICE CONCENTRATE, CITRUS PECTIN, NATURAL FLAVOR, RICE FLOUR], INULIN, WATER, SOY PROTEIN ISOLATE, GELATIN, ORGANIC FREEZE DRIED APPLE PIECES, ORGANIC SUNFLOWER OIL, ORGANIC SUGAR, GREEK YOGURT STYLE COATING [SUGAR, PALM KERNEL OIL, WHEY PROTEIN CONCENTRATE, YOGURT POWDER (WHEY PROTEIN CONCENTRATE, NON FAT DRY MILK, YOGURT CULTURES), REDUCED MINERAL WHEY POWDER, LACTIC ACID, SOY LECITHIN (AS AN EMULSIFIER)], NATURAL FLAVORS, SALT, STEVIA.

**CONTAINS SOY AND MILK INGREDIENTS AND MAY CONTAIN PEANUTS OR TREE NUTS.**

MADE WITH 38% ORGANIC INGREDIENTS

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