

belVita BREAKFAST RISE & THRIVE

Start your morning with belVita Breakfast Biscuits! Enjoy as part of a balanced breakfast with a serving of low-fat dairy and fruit.

**NUTRITION
PROFESSIONAL
INSIDER LOOK!**



BREAKFAST BISCUIT OFFERINGS:

belVita Crunchy Breakfast Biscuits
belVita Soft Baked Breakfast Biscuits
belVita Sandwich Breakfast Biscuits

belVita Breakfast Biscuits Blueberry

Nutrition as shown on 8.8 oz. box

Nutrition Facts	
5 servings per container	
Serving size	1 pack (50g) (4 biscuits)
Amount per serving	
Calories	230
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 3g	
Vitamin D 0mcg 0%	Calcium 10mg 0%
Iron 1.8mg 10%	Potassium 80mg 0%
Thiamin 0.12mg 10%	Riboflavin 0.13mg 10%
Niacin 1.6mg 10%	Vitamin B6 0.17mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHAT MAKES BELVITA BREAKFAST BISCUITS A DELICIOUS START TO YOUR MORNING?

- ✓ Steady energy the whole morning
- ✓ 14-20g whole grain per 50g serving*
- ✓ 2-4g dietary fiber (contains 7-9g total fat)
- ✓ No high fructose corn syrup
- ✓ No artificial flavors or colors

*Nutrition Experts recommend eating 48g or more of whole grains throughout the day.

**Snack
Mindfully**

belVita Breakfast Biscuits provide steady energy for your whole morning. Reflect on how belVita fuels you to start your day off right.

A delicious start to your morning.

Developed by & for nutrition professionals. For full flavors and nutrition information, visit www.belVitaNutrition.com.