

# belVita<sup>breakfast</sup> 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	
<b>Serving size</b>	<b>1 pack (4 biscuits)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 11g Added Sugars <b>22%</b>	
<b>Protein</b> 4g	
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 for your 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](http://www.belVitaNutrition.com).