

# Clean Snacking



Clean and healthy snacking is made easy with Chosen Foods products. Chia is the new granola! Eat at home or on the go.

## Bites with Chia

Bites with Chia provide a clean snacking experience for all. Each perfectly crunchy bite has less than 6g of sugar per serving, 4g of protein and 900mg of omega-3. Most importantly, chia bites are a well-balanced snack that will provide quick energy without spiking blood sugar!

Conveniently packaged in single serve pouches, Bites with Chia are the perfect grab and go snack to toss in your purse or gym bag, take with you on your travels or wherever life takes you! Children love them for a quick treat after school or before sports practice.

## Chia Original Stickpacks

All of the chia nutrition with absolutely zero hassle. Toss into a purse, a gym bag or a backpack, Chia Slims provide natural nutrition

on-the-go. Chosen Foods Chia Seeds are 100% natural, pesticide-free, gluten-free, GMO-free, purity guaranteed and quality tested - giving you optimal nutrition in each and every stickpack. With 12% of your daily fiber needs and 7% of your daily magnesium needs, Chosen Foods Chia Seeds are nature's nutrition powerhouse.

## Chia Slims

Sometimes referred to as Salvia Hispanica, the chia seed is a member of the mint family. The first mention of chia seeds in history can be dated back to Mesoamerica in 1500-900 B.C. A staple of Aztec and Mayan cultures, chia seeds were revered for their health giving benefits including increased energy and stamina. There is even evidence of chia as currency. Chia was popularized by the ch-ch-chia "Chia Pet" in the 1980's but didn't catch on as a bona fide health food until a few short years ago. Today chia is making its appearance all over the health food world, in everything from drinks, to granola, to crackers.