



Self Magazine  
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Nutrition news & know-how

the best list  
**SPECIAL!**

**BEST HEALTHY SNACK TO STASH IN YOUR OFFICE DRAWER**  
**Barbara's Bakery Snackimals, \$4**  
 You can munch these organic animal crackers by the handful without ruining your dinner or your diet. Ten cookies have only 110 calories and 4 grams of fat, and they're tasty. SELF's sample boxes were emptied fast!

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**BEST PERFORMANCE**  
**Low-carb, high-protein**  
 Spry you snack  
 The low-carb, high-protein snack bar is the perfect choice for anyone who wants to stay fit and healthy. It's made with whole grains, nuts, and seeds, and it's packed with fiber and protein. It's the perfect snack for anyone who wants to stay fit and healthy.

**BEST COOKING**  
**Edibleware products**  
 These products are made from natural materials and are safe to use in the kitchen. They are made from natural materials and are safe to use in the kitchen. They are made from natural materials and are safe to use in the kitchen.

**BEST BREAD TO PREPARE**  
**CRISPER BREAD TOASTS**  
 These breads are made from whole grains and are perfect for toasting. They are made from whole grains and are perfect for toasting. They are made from whole grains and are perfect for toasting.

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3900 Cypress Drive Petaluma, CA 94954  
 Phone: 707.765.2273 Fax: 707.765.2927  
 www.BarbarasBakery.com