

***Australia's most recognised health food company in
the Australian Healthy Food Guide Awards***

*Barley + Seven Seeds bars is announced the Winner of Best Packaged
Snack in the 2017 Australian Healthy Food Guide Magazine Awards*



Freedom Foods is excited to announce its [Barley+ Seven Seed Bars](#) is the winner of 'Best Packaged Snack' in the *Australian Healthy Food Guide Awards 2017*. It was given the accolade due to being:

*"Satisfying and low in sugar, this bar is ideal if your goal is weight loss, or as a snack if you're living with diabetes. Its mix of seeds include pepita, sunflower, poppy, linseed sesame, teff and chia." **Australian Healthy Food Guide Awards 2017.***

What makes these on-the-go bars so special is that the key ingredient is BARLEYmax™, a superior whole grain. BARLEYmax™ was developed by Australia's CSIRO as part of their research into grains with higher fibre content and enhanced nutritional benefits.

Fibre types can be grouped into three families - insoluble, soluble and resistant starch. The latter two play particularly important prebiotic roles. It is these two that often fall considerably short in our diets, especially resistant starch.

It seems that consuming all three types together is most effective in boosting our all-important gut health.

Meeting your wholegrain and fibre requirements is easy and most importantly delicious with the Barley+ range! The breakfast range comprises of: Cranberry & Nuts Muesli, Pink Lady & Macadamia Muesli and Traditional Porridge. The snack bar range includes: Cranberry & Almond, Pink Lady & Chai, Seven Seeds, and Wild Berry & Yoghurt.

Barley+ Cereal Range - Finalist Best Product of the year



Just one 50g serve of Barley+ Muesli delivers almost 2 serves of wholegrains, putting you well on target to your recommended daily intake. The wonderful mix of the three fibre types, including resistant starch feeds your good gut bacteria, in turn keeping your gut healthy. Scientists are uncovering all sorts of knock on effects that come from having good gut bugs, not just for gut health, but for overall wellbeing.

Freedom Foods also came in as finalists in the below categories:

***Barley+ Cranberry & Nut Muesli* - Finalist Best Breakfast Cereal**

***Goodness Superfoods Wraps* - Finalist Best Sandwich base**

***Crunchola Apple & Cinnamon bars* - Finalist Best Kids Lunchbox Snack**

If you would like to trial the Freedom Foods range please contact: Katy Moore, Polkadot Communications, 02 92814190 or katy@polkadotcomms.com.au. You can also visit the Barley+ microsite here: <http://barleyplus.com.au/>

About Freedom Foods

Freedom Foods Group is a leading global health food company that has a mission of 'Making Food Better'. Our mission is to make great tasting, high quality, healthy foods and beverages for Australia and overseas. This mission encompasses every aspect of the food supply chain from: Paddock with key dairy and grains contracted for growing, to milling at our Freedom Foods milling operation in Darlington Point, to manufacture at any of our 6 state of the art operations in NSW & Victoria. Our sites focus on value added Cereal and Snacking, Plant based beverages and Dairy products. We believe that healthy eating is a choice that people struggle with every day and our people are passionate to deliver on the need for a wider and more trusted range of healthier foods that everyone can enjoy.

For more information about Freedom Foods and their products, please visit: www.freedomfoods.com.au



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