



0g TRANS FAT
GOOD SOURCE OF THIAMIN
22g OF WHOLE GRAINS PER SERVING

2 SLICES = 92%
RECOMMENDED
DAILY INTAKE OF
WHOLE GRAINS



NET WT 24 OZ
(1LB 8 OZ) 680g

Nutrition Facts

Serving Size 1 Slice (43g)
Servings Per Container 16

Calories 110
Calories from Fat 20

Amount Per Serving	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%

Amount Per Serving	%Daily Value*
Sodium 190mg	8%
Potassium 55mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 5g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8% • Thiamin 15% • Riboflavin 6% • Niacin 8% • Folic Acid 8%

INGREDIENTS: Coarse Whole Wheat Flour, Water, Sugar, Yeast, Vital Wheat Gluten, Soybean Oil, Sunflower Seeds, Dry Honey (Honey, Wheat Starch), Salt, Cultured Wheat Flour, Wheat Bran, Whole Grain Wheat, Vinegar, Whole Grain Millet, Whole Grain Barley, Corn Grits, Sesame Seeds, Flax Seeds, Whole Grain Triticale, Whole Grain Rye, Calcium Sulfate, Whole Grain Oats, Whole Grain Rice, Whole Grain Buckwheat Flour, Whole Grain Spelt, Whole Grain Amaranth Flour, Whole Grain Kamut® Flour, Ascorbic Acid added as a dough conditioner (Vitamin C), Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. **Contains: Wheat and Soy**