

THOMAS'

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BAGELS

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SERVING SUGGESTION

PLAIN

6 PRE-SLICED

PER 1 BAGEL SERVING

260 CALORIES

0g SAT FAT  
0% DV

460mg SODIUM  
19% DV

6g SUGARS



PARVE

1 LB 4 OZ (567g)

**THOMAS<sup>®</sup>****DID YOU KNOW that every serving of Thomas<sup>®</sup> Plain bagels has...**

- ✓ No Artificial Sweeteners
- ✓ No Cholesterol (A Cholesterol Free Food)
- ✓ 0g of Trans Fat
- ✓ No High Fructose Corn Syrup

**Premium Bagel Taste!**

Thomas<sup>®</sup> makes bagels special — over 130 years of baking experience ensures soft, fresh tasting bagels for breakfast, lunch or anytime. Each is conveniently pre-sliced to make toasting and topping easier. And because we offer so many delicious varieties, we make something for every taste!

Eat well...  
Eat Thomas<sup>®</sup> bagels.

Visit us at [www.thomasbreads.com](http://www.thomasbreads.com)

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**Nutrition Facts**

Serving Size 1 bagel (95g)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 260    **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 460mg    **19%**

**Total Carbohydrate** 53g    **18%**

Dietary Fiber 2g    **8%**

Sugars 6g

**Protein** 9g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 15%

Thiamin 25% • Riboflavin 15%

Niacin 15% • Folic Acid 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, SUGAR, YEAST, WHEAT GLUTEN, SALT, CORNMEAL, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), MONOGLYCERIDES, CELLULOSE GUM, CITRIC ACID, XANTHAN GUM, SOY LECITHIN. R16-053

**BIMBO BAKERIES USA, INC.**  
HORSHAM, PA 19044

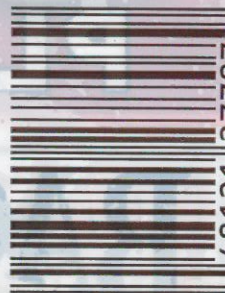
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[www.thomasbreads.com](http://www.thomasbreads.com)

SPECIALTY BAKERS SINCE 1880

We welcome your questions or comments about this product. Call 1-800-984-0989, Consumer Relations Department. When writing, please include the Proof-of-Purchase (Bar Code) and stamped date code.

PRE-SLICED PLAIN



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PROOF OF PURCHASE

**PLAIN****PLAIN**