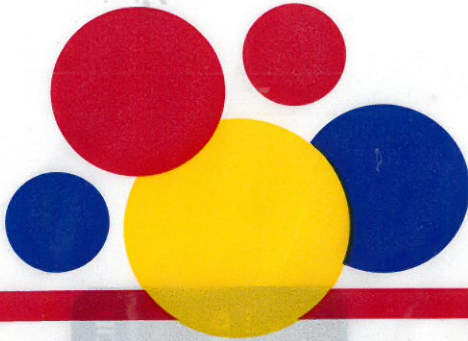


WONDER[®]



PER 2 SLICES

140
CALORIES

0g
SAT FAT
0% DV

180mg
SODIUM
7% DV

5g
SUGARS

WONDER[®]

CALCIUM FORTIFIED ENRICHED BREAD

NET WT. 20 OZ (1 LB 4 OZ) 567g

CONTAINS 20% MORE DAILY VALUE OF CALCIUM THAN ENRICHED BREAD*



WONDER[®]

203401-080613

Nutrition Facts

Serving Size 2 Slices (57g/2.0oz)
Servings Per Container 10

Amount Per Serving

Calories 140 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **7%**

Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 2%

Calcium 35% • Iron 15%

Vitamin D 35% • Thiamin 25%

Riboflavin 15% • Niacin 10%

Folic Acid 20% •

*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: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SOYBEAN OIL, WHEAT GLUTEN, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID), VINEGAR, MONOCALCIUM PHOSPHATE, YEAST EXTRACT, MODIFIED CORN STARCH, SUCROSE, SUGAR, SOY LECITHIN, CHOLECALCIFEROL (VITAMIN D3), SOY FLOUR, AMMONIUM SULFATE, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE).

2034-021114

**DISTRIBUTED BY
FLOWERS BAKERIES, LLC
THOMASVILLE, GA 31757**

*A 57g serving of white bread contains 149mg of Calcium; 8oz of Milk contains 270mg of Calcium. Wonder Classic White bread contains 365mg of Calcium per 57g (USDA Nutrient Database for Standard Reference Release 25).



**Soft. Delicious. Nutritious.
An American Classic.**

Wonder® has been a delicious part of American meals for generations. Soft texture. Unbeatable taste. Wonder® offers breads to satisfy every generation in your family. And our heritage of baking wholesome and nutritious breads continues today.

Eating foods high in calcium helps kids build healthy bones and teeth as they grow and helps adults replace the calcium loss that naturally occurs as they age. Vitamin D helps your body absorb calcium more efficiently. So whether you're young or young at heart, Wonder® is an important part of your healthy diet.

*Nutrition
Notes*

2 SLICES

CALCIUM of 8oz of MILK

Good Source of **VITAMIN D**

0g TRANS FAT per serving

Good Source of **FOLIC ACID**

Proof of Purchase



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CLASSIC WHITE

Visit our website at www.flowersfoods.com