

NEW!
IMPROVED RECIPE



WHOLE GRAINS BREAD

100% WHOLE WHEAT

42g

**Whole Grains
Per 2 Slices**

7g

**of Protein
Per 2 Slices**



**No High Fructose
Corn Syrup**

2-LBS (907g)

PER 1 SLICE SERVING

90 CALORIES	0g SAT FAT 0% DV	140mg SODIUM 6% DV	3g SUGARS
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✓ 42g of Whole Grains per 2 slices
✓ No high fructose

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100% WHOLE WHEAT
✓ 42g of Whole Grains per 2 slices
✓ No high fructose corn syrup
✓ No artificial colors or flavors
✓ 7g of Protein Per 2 Slices
✓ 0g trans fat

Nutrition Facts

Serving Size 1 slice (38g)
 Servings Per Container 24

Calories 90
 Calories from Fat 10
Calories Per 2 Slices 190
 Calories from Fat 25

Amount/serving	%DV*	1 Slice	2 Slices
Total Fat 1.5g	2%	4%	
Saturated Fat 0g	0%	3%	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
Cholesterol 0mg	0%	0%	
Vitamin A	0%	0%	
Calcium	2%	6%	
Thiamin	4%	8%	
Niacin	4%	10%	

Amount/serving	%DV*	1 Slice	2 Slices
Sodium 140mg	6%	12%	
Total Carbohydrate 17g	6%	11%	
Dietary Fiber 2g	8%	20%	
Sugars 3g			
Protein 4g	3%	5%	
Vitamin C	0%	0%	
Iron	4%	8%	
Riboflavin	2%	4%	
Folic Acid	2%	6%	

*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: WHOLE WHEAT FLOUR, WATER, BULGUR WHEAT, SUGAR, WHEAT GLUTEN, HONEY, SOYBEAN OIL, YEAST, SALT, WHOLE WHEAT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, GRAIN VINEGAR, DATEM, CALCIUM SULFATE, SOY LECITHIN, SOY, NATURAL FLAVORS, WHEY (MILK).

MADE IN A BAKERY THAT MAY ALSO USE EGGS, TREE NUTS.