



ARNOLD
EST. 1940
Whole Grains
**HEALTHY
MULTI-GRAIN
BREAD**

No Artificial Preservatives |
 No Artificial Colors Or Flavors |
 Good Source of Fiber

**SIMPLE
NO ADDED
NONSENSE
INGREDIENTS**

PER 1 SLICE SERVING

110 CALORIES	0g SAT FAT 1% DV	160mg SODIUM 7% DV	2g TOTAL SUGARS
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NET WT 1 LB 8 OZ (680g)

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
16 Servings Per Container		Total Fat 2g	3%	Sodium 160mg	7%
Serving Size 1 slice (43g)		Saturated Fat 0g	0%	Total Carbohydrate 20g	7%
Calories per serving		Trans Fat 0g		Dietary Fiber 3g	11%
110		Polyunsaturated Fat 1g		Total Sugars 2g	
		Monounsaturated Fat 0g		Includes 2g Added Sugars	4%
		Cholesterol 0mg	0%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 45mg 4% • Iron 0.9mg 4% • Potassium 90mg 0%					

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, SUGAR, BULGUR WHEAT, CELLULOSE FIBER, FLAX-SEED, CORNMEAL, OATS, SOYBEAN OIL, BROWN RICE, BLACK & WHITE SESAME SEEDS, YEAST, SALT, CULTURED WHEAT FLOUR, SOY LECITHIN, GRAIN VINEGAR, POPPY SEEDS, REB A (STEVIA LEAF SWEETENER), CITRIC ACID. R18-318-201177

CONTAINS WHEAT, SOY.

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

BIMBO BAKERIES USA, INC., HORSHAM, PA 19044

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