PER 1 SLICE
60 CALORIES
0g SAT FAT
140mg SODIUM
2g TOTAL SUGARS
Nature's Own
100% Whole Wheat
Our Promise. NEVER any artificial preservatives, colors or flavors and NO high fructose corn syrup.
13g Whole Grain per slice
Heart Healthy
BREAD

74101-061721

Nutrition Facts

22 servings per container

Serving size 1 Slice (26g/0.9oz)

Amount per serving

Calories 60

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 60mg	0%
Thiamin 0.14mg	10%
Riboflavin 0.04mg	2%
Niacin 0.8mg	6%
Folate 5mcg DFE (0mcg folic acid)	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, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, MONOGLYCERIDES, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECITHIN. TOPPED WITH WHEAT BRAN. 741-081321

Ingredients: Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of each of the following: calcium carbonate, wheat gluten, soybean oil, 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, citric acid, cholecalciferol (vitamin D3), soy lecithin, calcium propionate (to retard spoilage).

203401-081117

Nutrition Facts

10 servings per container

Serving size 2 Slices (57g/2.0oz)

Amount per serving

Calories 140

	% 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	8%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	6%
Total Sugars 5g	
Includes 5g Added Sugars	9%
Protein 4g	
Vitamin D 3.3mcg	15%
Calcium 360mg	30%
Iron 2.3mg	15%
Potassium 0mg	0%
Thiamin 0.3mg	30%
Riboflavin 0.2mg	20%
Niacin 2.2mg	15%
Folate 115mcg DFE (55mcg folic acid)	30%

*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: 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

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FLOWERS BAKERIES, LLC
THOMASVILLE, GA 31757

*A 57g serving of white bread contains 82mg of Calcium per Serving; 8oz of Milk contains 276mg of Calcium. Wonder Classic White bread contains 360mg of Calcium per 57g (USDA Nutrient Database for Standard Reference Release 28).