



# Nutrition Facts

about 75 servings per container  
Serving size 1/4 cup (30g)

Amount per serving **110**  
**Calories**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	

Vitamin D 0mg	0%	Calcium 4mg	0%
Iron 1.4mg	8%	Potassium 30mg	0%
Thiamine 20%		Riboflavin 10%	
Niacin 10%		Folate 90mcg DFE	20%
		(45mcg folate acid)	

\*% Daily Value 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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME.  
CONTAINS WHEAT.

DISTRIBUTED BY:  
WAL-MART STORES, INC.,  
Bentonville, AR 72716



6392

**GIANT SIZE!**

Per 1 cup  
**150** CALORIES  
0.5g SAT FAT  
270mg SODIUM  
16g SUGARS

CAP'N CRUNCH'S  
**CRUNCH**  
**BERRIES**

NATURALLY & ARTIFICIALLY FLAVORED  
SWEETENED CORN & OAT CEREAL

**CRUNCH-ATIZE  
THE CAP'N!**



**CASH CRUNCHES**  
**CRUNCHES**  
**BERRIES**  
 NATURALLY & ARTIFICIALLY FLAVORED  
 SWEETENED CORN & OAT CEREAL

**Nutrition Facts**

About 20 servings per container  
**Serving size 1 cup (37g)**

	Cereal Alone	With 2/3 cup Vitamin A & D fortified skim milk
<b>Calories</b>	<b>150</b>	<b>200</b>
	% DV*	% DV*

<b>Total Fat</b>	2g	2g	2%	2%
<b>Saturated Fat</b>	0.5g	1g	3%	4%
<b>Trans Fat</b>	0g	0g		
<b>Polysat. Fat</b>	0g	0g		
<b>Monounsat. Fat</b>	0.5g	0.5g		
<b>Cholesterol</b>	0mg	<5mg	0%	1%
<b>Sodium</b>	270mg	340mg	12%	15%
<b>Total Carb</b>	32g	40g	12%	15%
<b>Dietary Fiber</b>	<1g	<1g	3%	3%
<b>Total Sugars</b>	16g	25g		
<b>Inc. Added Sugars</b>	16g	16g	32%	32%
<b>Protein</b>	2g	7g		

<b>Vitamin D</b>	0mcg	2mcg	0%	8%
<b>Calcium</b>	0mg	200mg	0%	15%
<b>Iron</b>	7.5mg	7.6mg	40%	40%
<b>Potassium</b>	60mg	310mg	0%	6%
<b>Thiamin</b>	0.3mg	0.4mg	25%	30%
<b>Riboflavin</b>	0.3mg	0.6mg	25%	45%
<b>Niacin</b>	4.8mg	4.8mg	30%	30%
<b>Vitamin B6</b>	0.4mg	0.5mg	25%	30%
<b>Folate DFE</b>	200mcg	200mcg	50%	50%
<b>Folic Acid</b>	(133mcg)	(133mcg)		

\* The % Daily Values (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:** Corn flour, sugar, oat flour, brown sugar, palm and/or coconut oil, salt, sodium citrate, natural and artificial flavor, malic acid, red 40, reduced iron, yellow 5, niacinamide, blue 1, yellow 6, BHT (to preserve freshness), thiamine mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.  
 \* One of the B vitamins





Kellogg's

**CLUB**  
crackers

perfect for packing &

**SNACK  
STACKS**

**ORIGINAL**

**70** CALORIES  
**0g** SAT FAT  
**125** SODIUM  
**1g** TOTAL SUGARS

PER 4 CRACKERS

6 STACKS - NET WT 12.5 OZ (354g)

NO ARTIFICIAL COLORS OR FLAVORS  
NO CHOLESTEROL  
0g SATURATED FAT (Contains 3g total fat per serving.)

# Nutrition Facts

About 25 servings per container  
Serving size **4 Crackers (14g)**

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polysaturated Fat 2g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> <1g	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0.4mg 2%	Potassium 10mg 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:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 (thiamin mononitrate), vitamin B2 (riboflavin), folic acid), soybean oil (with TBHQ for freshness), sugar. Contains 2% or less of salt, high fructose corn syrup, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), corn syrup, soy lecithin.  
**CONTAINS WHEAT AND SOY INGREDIENTS.**



## Nutrition Facts/Datos de Nutrición

About 17 servings per container/aprox. 17 raciones por envase

Serving size/Tamaño por ración **1 Cup/1 Taza (39g)**

Amount per serving/Cantidad por ración	Cereal/ CEREAL	with 2/3 cup skim milk/ con 2/3 taza de leche descremada
<b>Calories/Calorías</b>	<b>140</b>	<b>200</b>
	% DV* % VD*	% DV* % VD*
<b>Total Fat/Grasa Total</b>	0g <b>0%</b>	0g <b>0%</b>
Saturated Fat/Grasa Saturada	0g <b>0%</b>	0g <b>0%</b>
Trans Fat/Grasa Trans	0g	0g
Polyunsaturated Fat/Grasa Poliinsaturada	0g	0g
Monounsaturated Fat/Grasa Monoinsaturada	0g	0g
<b>Cholesterol/Colesterol</b>	0mg <b>0%</b>	<5mg <b>1%</b>
<b>Sodium/Sodio</b>	200mg <b>9%</b>	280mg <b>12%</b>
<b>Total Carbohydrate/Carbohidrato Total</b>	34g <b>12%</b>	44g <b>16%</b>
Dietary Fiber/Fibra Dietética	<1g <b>3%</b>	<1g <b>3%</b>
Total Sugars/Azúcares Totales	14g	23g
Incl. Added Sugars/Incl. azúcares añadidos	14g <b>28%</b>	14g <b>28%</b>
<b>Protein/Proteínas</b>	2g	8g
Vitamin D/Vitamina D	2mcg 10%	4.2mcg 20%
Calcium/Calcio	0mg 0%	220mg 15%
Iron/Hierro	7.2mg 40%	7.2mg 40%
Potassium/Potasio	40mg 0%	320mg 6%
Thiamin/Tiamina	20%	25%
Riboflavin/Riboflavina	20%	45%
Niacin/Niacina	20%	25%
Vitamin B <sub>6</sub> /Vitamina B <sub>6</sub>	20%	20%
Folate/Folato (folic acid/ácido fólico)	30% (70mcg)	30% (70mcg)
Vitamin B <sub>12</sub> /Vitamina B <sub>12</sub>	20%	50%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food

**Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt.**

**Vitamins and Minerals: Iron (ferric phosphate), niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), folic acid, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>.**

**Ingredientes: Maíz molido, azúcar, sabor malta, contiene 2% o menos de sal.**

**Vitaminas y Minerales: Hierro (fosfato férrico), niacinamida, vitamina B<sub>6</sub> (clorhidrato de piridoxina), vitamina B<sub>2</sub> (riboflavina), vitamina B<sub>1</sub> (clorhidrato de tiamina), ácido fólico, vitamina D<sub>3</sub>, vitamina B<sub>12</sub>.**



Great Value **Crunchy Honey Oats**



\*\*See below for information about saturated fat, cholesterol and heart disease.



# Crunchy Honey Oats

\*\*Heart Healthy - While many studies suggest that diets low in saturated fat and cholesterol may reduce the risk of the disease, eating a diet low in saturated fat and cholesterol does not guarantee that you will not develop the disease.

**NATURAL HONEY FLAVORED MULTIGRAIN CEREAL WITH GRANOLA**

**NET WT 18 OZ (1 LB 2 OZ) 510g** ©

# Nutrition Facts

about 13 servings per container

**Serving size 1 cup (39g)**

**Amount per serving**

**Calories 150**

**% Daily Value\***

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 5.4mg	30%
Potassium 80mg	2%
Thiamine	60%
Niacin	10%
Vitamin B <sub>6</sub>	10%
Folate 30mcg DFE (20mcg folic acid)	8%
Pantothenic Acid	10%
Zinc	15%

\* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, RICE, CANOLA OIL, CORN SYRUP, SALT, BARLEY MALT EXTRACT, CINNAMON, MOLASSES, HONEY, CARAMEL COLOR, NATURAL FLAVOR.

**VITAMINS AND MINERALS:** FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), NIACINAMIDE (VITAMIN B<sub>3</sub>), ZINC OXIDE, THIAMINE MONONITRATE (VITAMIN B<sub>1</sub>), CALCIUM PANTOTHENATE (A B-VITAMIN), PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), FOLIC ACID.

**CONTAINS WHEAT.**





# Nutrition Facts

about 20 servings per container

**Serving size**  
1/4 cup (45g) dry

**Calories** **160**  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>

Vitamin D 0mcg 0% • Calcium 10mg 0%  
Thiamine 0.26mg 20% • Niacin 1.9mg 10%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	

Iron 1.9mg 10% • Potassium 50mg 0%  
Folate 174mcg DFE (104mcg folic acid) 45%

\* 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:** LONG GRAIN RICE ENRICHED WITH FERRIC PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID.  
**DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716**





# Nutrition Facts

8 servings per container  
Serving size 1 tortilla (42g)

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 0.6mg	<b>4%</b>
Potassium 20mg	<b>0%</b>

\* The % Daily Value 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:** WATER, MODIFIED WHEAT STARCH, WHOLE WHEAT FLOUR, WHEAT GLUTEN, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), WHEAT GLUTEN ISOLATE, CONTAINS 2% OR LESS OF: SALT, BAKING SODA, SODIUM ACID PHOSPHATE, CELLULOSE GUM, DISTILLED MONOGLYCERIDES, NATURAL FLAVOR, SUCRALOSE, CARAMEL COLOR, FUMARIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).  
**CONTAINS: WHEAT**



# Nutrition Facts

10 servings per container  
Serving size **1 tortilla (49g)**

Amount per serving  
**Calories 140**

% Daily Value\*

**Total Fat 3g 4%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 410mg 18%**

**Total Carbohydrate 24g 9%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 1g Added Sugars **2%**

**Protein 4g**

Vit. D 0mcg 0% • Calcium 90mg 6%

Iron 2mg 10% • Potassium 50mg 2%

\*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:** ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT, SUGAR, BAKING SODA, SODIUM ACID PYROPHOSPHATE, DISTILLED MONOGLYCERIDES, FUMARIC ACID, AND CALCIUM PROPIONATE AND SORBIC ACID (TO MAINTAIN FRESHNESS).

**CONTAINS: WHEAT**

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Irving, TX 75038





**FAMILY SIZE**

**RITZ**  
CRACKERS

**6**  
PACKS



Baked with  
**Whole Wheat**

5g **WHOLE GRAIN**  
PER 1 1/2 SERVINGS

Serving  
Suggestion

NET WT 1 LB 3.3 OZ (547g)

PER 5 CRACKERS

70	0.5g	120mg	2g
CALORIES	SALT PER	SODIUM	TOTAL
PER TB	PER TB	PER TB	SERVICES



# Nutrition Facts

about 36 servings per container  
Serving size 5 crackers (15g)

Amount per serving

**Calories 70**

% Daily Value\*

**Total Fat 2.5g 3%**

**Saturated Fat 0.5g 3%**

**Trans Fat 0g**

**Cholesterol 0mg 0%**

**Sodium 120mg 5%**

**Total Carbohydrate 10g 4%**

**Dietary Fiber less than 1g 3%**

**Total Sugars 2g**

**Includes 2g Added Sugars 4%**

**Protein 1g**

**Vitamin D 0mcg 0%**

**Calcium 20mg 0%**

**Iron 0.5mg 2%**

**Potassium 30mg 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:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

**CONTAINS: WHEAT, SOY.**



The image shows a box of Barilla Thin Spaghetti. The box is dark blue with the Barilla logo in a red oval on the left. The text "THIN SPAGHETTI" is prominently displayed in white. Below the logo, it says "ITALY'S #1 BRAND OF PASTA". In the center, there is a clear window showing the spaghetti. Below the window, it says "AL DENTE PERFECTION IN 6-7 MINUTES". On the right, there is an image of a fork with spaghetti and a tomato. Below that, it says "NET WT. 1 LB (454 g)". At the bottom right, there is a "NON GMO Project VERIFIED" logo. The text "ENRICHED MACARONI PRODUCT" is at the bottom center. A small vertical text "SERVING SUGGESTION" is on the far right edge.

**Barilla**

THIN SPAGHETTI

ITALY'S #1 BRAND OF PASTA

"AL DENTE" PERFECTION IN 6-7 MINUTES

ENRICHED MACARONI PRODUCT

NET WT. 1 LB (454 g)

NON GMO Project VERIFIED

SERVING SUGGESTION

## Nutrition Facts

8 SERVINGS PER CONTAINER  
Serving size 2 oz (56g)

Amount Per Serving

**Calories 200**

% Daily Value\*

**Total Fat** 1g 1%

**Saturated Fat** 0g 0%

**Trans Fat** 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 4g 15%

**Dietary Fiber** 3g 11%

**Soluble Fiber** 2g

**Insoluble Fiber** 1g

**Total Sugars** 1g

**Protein** 7g

**Vitamin D** 0mcg 0%

**Calcium** 12mg 0%

**Iron** 2mg 10%

**Potassium** 118mg 2%

**Thiamin** 0.5mg 40%

**Riboflavin** 0.2mg 15%

**Niacin** 5mg 30%

**Folate** 199mcg DFE 50%  
(112mcg folic acid)

Not a significant source of  
added sugars.

\* The % Daily Value 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: SEMOLINA

(WHEAT), DURUM WHEAT FLOUR,

### VITAMINS/MINERALS:

VITAMIN B3 (NIAZOLIN), IRON

(FERROUS SULFATE), VITAMIN

B1 (THIAMINE MONONITRATE),

VITAMIN B2 (RIBOFLAVIN),

FOLIC ACID.

CONTAINS WHEAT INGREDIENTS.





74101-061721

# Nutrition Facts

22 servings per container  
Serving size 1 Slice (26g/0.9oz)

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>3%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 3g	
Vitamin D 0mg	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

208-601-081117

# Nutrition Facts

10 servings per container  
Serving size 2 Slices (57g/2.0oz)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>9%</b>
<b>Protein</b> 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 (65mcg 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:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, MALTED BARLEY FLOUR, IRON, VITAMIN B3, THIAMIN, MONONITRATE, SODIUM PEARL), WATER, SOY FLOUR, YEAST, CORN STARCH, SALT, SUGAR, POTASSIUM ACETATE, COCOA POWDER, BUTTER, BUTTER OIL, VITAMIN B6, VITAMIN B12, VITAMIN B9, VITAMIN B5, VITAMIN B2, VITAMIN B1, VITAMIN B7, VITAMIN B4, VITAMIN B8, VITAMIN B10, VITAMIN B11, VITAMIN B12, VITAMIN B13, VITAMIN B14, VITAMIN B15, VITAMIN B16, VITAMIN B17, VITAMIN B18, VITAMIN B19, VITAMIN B20, VITAMIN B21, VITAMIN B22, VITAMIN B23, VITAMIN B24, VITAMIN B25, VITAMIN B26, VITAMIN B27, VITAMIN B28, VITAMIN B29, VITAMIN B30, VITAMIN B31, VITAMIN B32, VITAMIN B33, VITAMIN B34, VITAMIN B35, VITAMIN B36, VITAMIN B37, VITAMIN B38, VITAMIN B39, VITAMIN B40, VITAMIN B41, VITAMIN B42, VITAMIN B43, VITAMIN B44, VITAMIN B45, VITAMIN B46, VITAMIN B47, VITAMIN B48, VITAMIN B49, VITAMIN B50, VITAMIN B51, VITAMIN B52, VITAMIN B53, VITAMIN B54, VITAMIN B55, VITAMIN B56, VITAMIN B57, VITAMIN B58, VITAMIN B59, VITAMIN B60, VITAMIN B61, VITAMIN B62, VITAMIN B63, VITAMIN B64, VITAMIN B65, VITAMIN B66, VITAMIN B67, VITAMIN B68, VITAMIN B69, VITAMIN B70, VITAMIN B71, VITAMIN B72, VITAMIN B73, VITAMIN B74, VITAMIN B75, VITAMIN B76, VITAMIN B77, VITAMIN B78, VITAMIN B79, VITAMIN B80, VITAMIN B81, VITAMIN B82, VITAMIN B83, VITAMIN B84, VITAMIN B85, VITAMIN B86, VITAMIN B87, VITAMIN B88, VITAMIN B89, VITAMIN B90, VITAMIN B91, VITAMIN B92, VITAMIN B93, VITAMIN B94, VITAMIN B95, VITAMIN B96, VITAMIN B97, VITAMIN B98, VITAMIN B99, VITAMIN B100.

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

\*1/2 cup serving of whole bread contains 100g of Calcium. Serving Size of Milk contains 270mg of Calcium. Whole Milk while bread contains 300mg of Calcium per 1/2 cup. USDA Nutrient Database for Standard Reference Release 20.

**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).