

HIGH 5 FIBER

Nutrition Facts

Serving Size 1 slice 1/22 loaf
1.75oz (50g)
Servings Per Container About 22

Amount Per Serving

Calories 120 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*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	
Saturated 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	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
Fresh Ground
100% Whole
Wheat Flour, Water,
Honey, Flax Seeds,
Millet, Oat Bran,
Sunflower Seeds,
Wheat Bran, Yeast,
and Salt.

CONTAINS:
WHEAT AND
EGG WHITES

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NET WT 36 OZ.