

8-6-14



Whole Grain Wheat Bread 29 oz

7850

Nutrition Facts

Serving Size 1 Slice 1 oz (28g)
Servings Per Container About 29

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 8%

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

*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: Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Yeast, Salt, Soybean Oil, Monoglycerides, Calcium Propionate, Diacetyl Tartaric Acid Esthers of Mono-Diglycerides, Enzymes, Ascorbic Acid (Vitamin C), and 2% of Less of each of the Following: Preservatives (Propionic Acid, Phosphoric Acid), Malted Wheat Flour.

Contains Soy, Wheat.

The information listed above has been compiled from publications of the USDA and from data provided by RP Baking suppliers

Rockland Bakery Inc.

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