

8-6-14

100% Whole Grain Wheat Bread 28oz



<b>Nutrition Facts</b>	
Serving Size 1 Slice (28g)	
Servings Per Container About 28	
<b>Amount Per Serving</b>	
<b>Calories</b> 60	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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, Sugar, Yeast, Salt, Soybean Oil, Monoglycerides, Calcium Propionate, Conditioner (Diacetyl Tartaric Acid Esters 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.

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